COMPLEX SPINAL PAIN / RECOVERY GUIDE

After minimally invasive procedures

RFA / rhizotomy · MILD · BVNA · Kyphoplasty / vertebroplasty · SI fusion

Protect the treatment site. Follow your specific recovery plan. Your individual discharge orders take priority.

Patient: _____ Procedure / date: _____

TODAY & INCISION CARE

Have a driver take you home. After sedation or anesthesia, no driving, alcohol, machinery, or important decisions for at least 24 hours; have adult help as directed. Start with light food and fluids as tolerated.

Keep the dressing clean and dry. Follow the written removal and shower dates. Do not peel skin glue or closure strips. Avoid baths, pools, and hot tubs until the wound has healed and the team clears you.

MOVEMENT & PAIN CONTROL

Take short, frequent walks within your prescribed limits. Avoid prolonged bed rest, heavy lifting, and strenuous bending or twisting until cleared.

Use only the prescribed pain plan. A wrapped cold pack for 10–15 minutes may help soreness. Ask before taking ibuprofen, naproxen, or other anti-inflammatory medicines, especially after fusion. Take antibiotics only if prescribed.

AFTER RFA / RHIZOTOMY

Tenderness may last longer; benefit may build over several weeks.

INSTRUCTIONS DEPEND ON THE PROCEDURE

MILD: gentle activity can often resume quickly; increase walking as directed. Do not apply fusion restrictions automatically.

BVNA / Intracept: soreness may occur before benefit develops. Improvement often builds over weeks to months. Follow your lifting and exercise plan.

Kyphoplasty / vertebroplasty: protect the treated fracture; follow lifting limits and brace instructions. Continue the prescribed bone-health plan.

SI fusion: use your walker or crutches exactly as prescribed. Weight bearing is individualized; do not advance it or begin therapy without clearance.

MEDICINES & YOUR NEXT VISIT

Use your discharge list. Restart a held blood thinner or aspirin only at the written time. Keep the wound-check appointment; ask about return to work, driving, and physical therapy. Call for worsening pain rather than increasing medicine on your own.

WHEN TO GET HELP

Emergency care now: new or increasing weakness, groin numbness, loss of bladder / bowel control, or inability to urinate; severe back pain with these symptoms; chest pain, trouble breathing, or severe allergic reaction. Go to the ER; call 911 if severe or unsafe to travel.

Call the clinical team today: fever 100.4°F (38°C) or higher, chills, spreading redness, pus, wound opening, persistent bleeding, or pain not controlled by the prescribed plan. Do not wait for a portal reply.



JOHNS HOPKINS MEDICINE

Reza S. Roghani, MD, PhD
Assistant Professor
Interventional Spine and Pain
Department of Physical Medicine and Rehabilitation
School of Medicine

443-997-5476 appointment
410-614-4033 Fax
410-502-2199 Procedure

YOUR DISCHARGE PLAN

Shower / dressing date: _____
Lifting / weight bearing: _____
Blood thinner restart: _____
Follow-up: _____

Clinical / after-hours number:
_____

Urgent concerns: use your discharge contact, not appointment scheduling.

Sources reviewed 05 Oct 2026:
Vertos: MILD BVNA Kyphoplasty SI fusion UMMC: RFA