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CRYONEUROLYSIS OF NERVES

Definition: A cryoneurolysis procedure involves freezing or cooling the tips of needles that are placed in precise locations close to nerves. These nerves are isolated by using x-rays (fluoroscopic unit) and by using electrical stimulation. This procedure will temporarily or permanently interrupt the pain message by stunning nerves.

Reasons for Treatment: Cryoneurolysis has been used for many years for control of pain when other treatments like physical therapy, injections, and passage of time have not been effective in alleviating someone's pain. These treatments can be used as an alternative to surgery and are usually performed after a nerve block or injection to diagnose which nerves are involved.

Procedure: The skin will be cleansed with an antiseptic solution and numbed with a local anesthetic. You can be sedated for the procedure, however you may experience a tingling or twitching sensation in the area where your pain normally occurs. You will be discharged thirty minutes to one hour after the procedure provided you meet discharge criteria. You may experience soreness or an increase in pain for two or three weeks after the procedure. Ice and pain medication can be used during this time period until we follow up with you in the office. Our physicians are on call twenty-four hours a day. If you have a problem, please contact Headache and Pain Center.