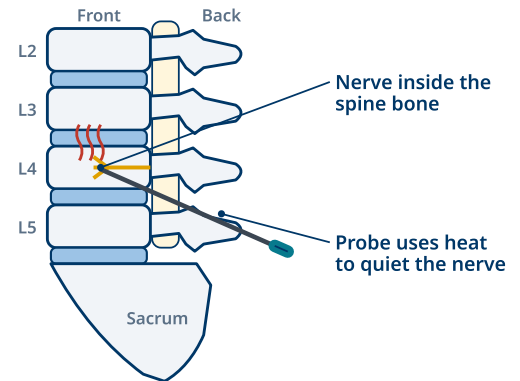


Intracept (Basivertebral Nerve Ablation)

What it is

Intracept treats a type of long-term low back pain called vertebrogenic pain. The doctor uses heat to quiet a nerve inside the spine bone that carries pain signals. It is done through a small opening.



Why it is done

- Chronic low back pain for at least six months
- At least six months of conservative care without adequate relief
- MRI showing Type 1 or Type 2 Modic changes at L3 to S1
- Patients without active infection or certain other conditions

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: An MRI must show certain changes in the spine bones for this treatment to be an option.

During: You get sedation or anesthesia. Through a small opening, the doctor uses heat to quiet the nerve inside the bone. It takes about an hour.

After: Most people go home the same day. The area may be sore for a few days.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/intracept/



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This handout is general information and is not a substitute for medical advice.