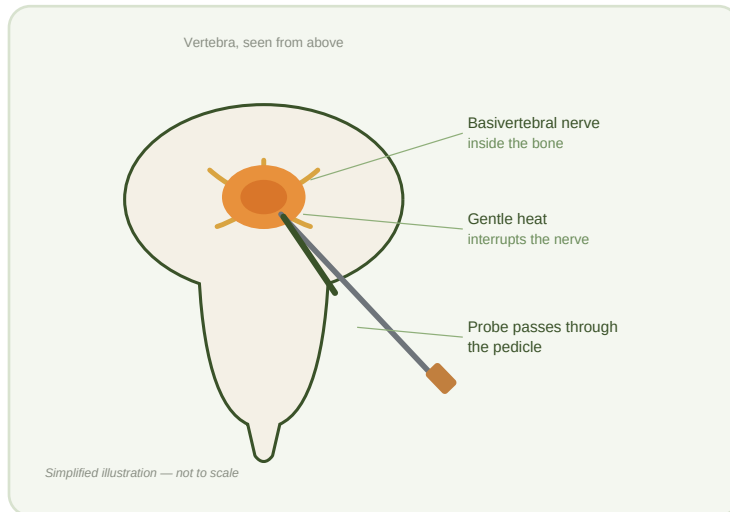


Basivertebral nerve ablation

For chronic low back pain coming from the vertebral endplates — a source that standard treatments don't reach. A probe passed through the pedicle reaches the basivertebral nerve inside the bone, where gentle heat interrupts its ability to carry pain signals.



How long it takes

About an hour, depending on how many levels are treated.

How it's done

You lie face down with sedation. Live X-ray guides a small channel through the pedicle into the vertebral body; the nerve inside is then treated with controlled heat.

Where it happens

St. Charles Surgical Center, 550 St. Charles Drive, Suite 101 — directly across from our office.

Going home

Same day, with a driver. No implant is left behind and nothing is fused.

Judging this too early is the most common mistake. The change is gradual, and the first few weeks are not the answer.

Before your visit

- take a blood thinner, including daily aspirin
- have an infection anywhere, or a fever
- have osteoporosis, a prior spine fracture, or previous surgery at the treated level
- are or may be pregnant
- Bring your MRI images — the endplate changes on that scan are what make this procedure appropriate.
- Do not stop any medication unless your care team tells you to.

After your procedure

- **Give it time.** Relief typically builds over weeks to a few months rather than appearing right away.
- Back soreness for 1-2 weeks is common and expected.
- Walking is encouraged from the first day — it is part of recovery.
- Avoid heavy lifting and strenuous activity for the period your care team specifies.
- The treated nerve does not regenerate the way facet nerves do, so this is generally a one-time treatment per level.

Call us — (805) 557-7050

a fever; redness, swelling, or drainage at the site; or back pain that keeps worsening rather than settling.

Call 911 or go to the nearest ER

new weakness in your legs, numbness in the groin or inner thighs, or loss of bladder or bowel control.

This sheet is general information, not medical advice. Your care team will give you instructions specific to your situation — follow those if they differ from this sheet.