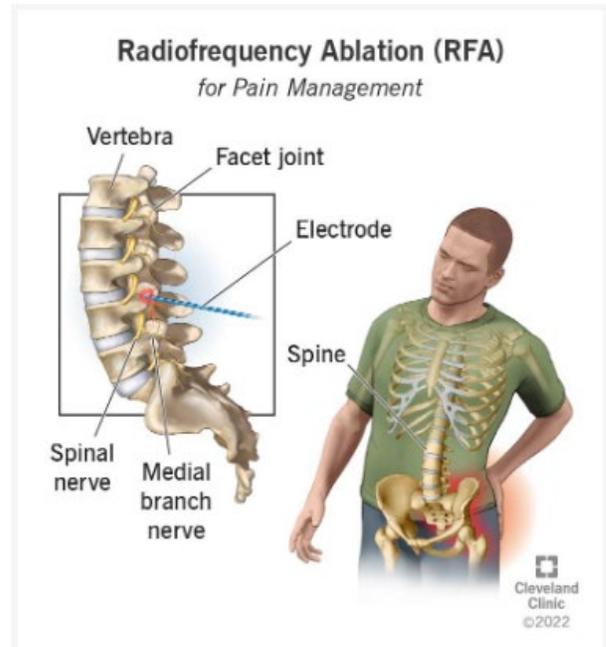




Radiofrequency Ablation (RFA)

A RFA (Radiofrequency Ablation) is a procedure that involves radio waves to warm up different concerned nerve tissues in the body. The goal is to provide longer lasting relief for patients that tend to have more chronic nerve pain (Ex: Upper neck, back, cancerous pain, etc....). This procedure is initiated with a small needle placed on the nerve causing the pain along with an electrode. The electrode along with the needle creates a desired heat that significantly reduces the pain signals sent to the rest of the body and will correspondingly not damage surrounding nerves.



What will I experience during my RFA?

You'll likely experience a minor pinch when your provider injects the local anesthetic to numb the area before your RFA. You may not feel anything during the RFA, or you may feel the following:

- Pressure
- A burning sensation
- Tingling
- Soreness

If you have any discomfort during the RFA, it usually disappears once it is finished.

If you feel intense, sharp pain during or after your RFA, tell your provider immediately.

What should I expect after my RFA?

After your injection, you may feel some discomfort when your healthcare provider inserted the needle. This is normal and should last about a day (mild symptoms typically). Your provider may tell you to take it easy and minimize your activity level for the rest of the day. Your pain is expected to significantly reduce after 2-3 days. However, soreness in the muscles near the site of the injection may require additional rest and/or an ice pack.

What are the side effects of RFA(s)?

Side effects of RFAs include:

- You may have tenderness and/or bruising at the site of your injection.
- May experience a burning sensation along with tingling around the site of the injection for multiple weeks. (Ice packs may ease the pain temporarily).
- Chance of mild numbness around the injection site/surrounding skin.
- **Generally, very few complications!**

What are the advantages of RFA(s)?

The advantages of RFA(s) include:

- You'll likely experience temporary pain relief. Some people experience long-term pain relief.
- You'll likely have a better quality of life and an improved ability to do daily activities without the restrictions previously caused by pain.
- Recovery time is minimal and allows for a quick turnaround for patients allowing the continuation of their desired lifestyle
- Overall improved mobility for more energy-intensive activities (if needed)

What are the risks and possible complications of RFA(s)?

RFAs are usually quite safe, but there are risks of certain side effects and complications, which include:

- Possible permanent nerve pain/damage
- Pain from chief complaint heightened after procedure
- Chance of infection at the site of the injection

Are RFA(s) covered by insurance?

All medical plans are different in terms of what is a covered benefit, please check with your plan directly in regards to covered services and patient eligibility and benefits.

- We will check with your insurance if authorization for this procedure is required. This does not mean it is a covered benefit, you will need to check with your insurance plan directly to confirm covered services and eligibility of benefits.