



EVOLVE

RESTORATIVE CENTER

Radiofrequency Ablation (RFA)

General Information

Your health care provider has determined that a radiofrequency rhizotomy injection/procedure would be helpful in treating your chronic pain condition. You should have received significant pain-relief from your diagnostic medial branch facet blocks in the same region. Using this method to kill the nerves in this area can help treat your pain, depending on the area of the body. The diagnostic facet blocks have demonstrated that killing these nerves should help you with the pain. This procedure is commonly performed to treat a variety of pain syndromes, including:

- Back and/or buttock pain
- Neck pain/certain types of headaches

Procedure Information: What to Expect

Prior to the injection appointment, there may be some medications that need to be stopped and your health care provider will discuss these with you. They could include blood-thinning medications like anti-inflammatory medications (aspirin, Xarelto, Coumadin, and Plavix).

The procedure is performed in a surgery center. After arrival and check in, you are brought to the pre-operative area where you will be placed in a gown. An IV may be placed in your arm at that time. Then, you will be escorted to the procedure room. You will lay on your stomach (facing down) with your back or neck exposed. An X-ray/fluoroscope is used to see the bones to guide needle placement. After a cold, cleaning solution is placed on our skin, it is important not to touch the area once it is cleaned. A cold grounding pad will also be placed on you. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you will feel a pressure and a poke. Once the facet area is accessed, medication is injected, which can include steroid, normal saline, and/or local anesthetic. Then radiofrequency is used to heat up the tip of the needle for 90 seconds. The needle is removed, and Band-Aids are applied to the injection sites. You are then escorted to the post-operative area and then discharged to home.

Post-Procedure Instructions

Typical things to expect may include:

- Numbness or tingling or transient weakness in the area of pain
- Some soreness around the injection site
 - Ice may be applied
- Resume all medications as instructed by your provider
- No activity restrictions are necessary except you should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three days after the procedure. Showers are OK.
- Keep post-operative appointment

Things to Look-out for

Please contact our office (844) 527-7369 if you experience:

- Weakness in the arms or legs > 24 hours
- Redness or swelling around injection site > 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills
- Any questions