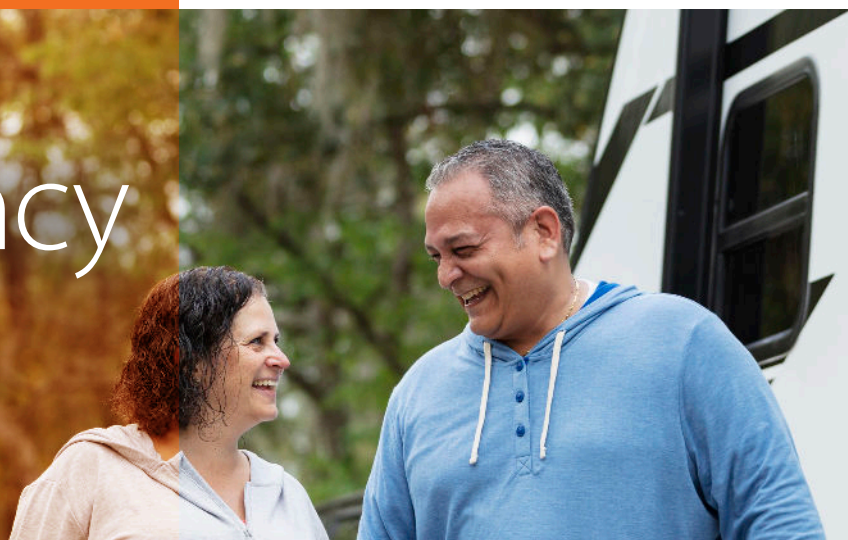
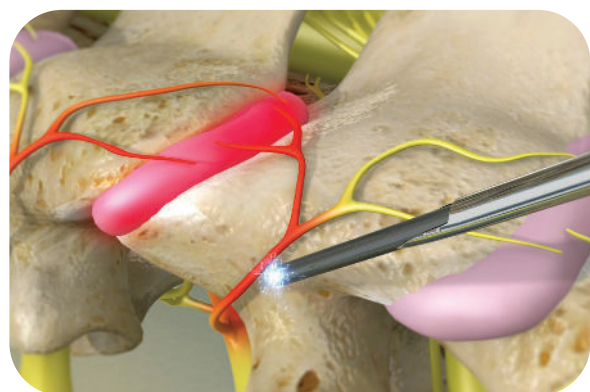


# Radiofrequency Ablation



## *WHAT IS RADIOFREQUENCY ABLATION?*

Radiofrequency ablation (RFA) is a minimally invasive procedure that targets specific nerves to relieve chronic pain. Using heat generated from high-frequency electrical currents, RFA interrupts the transmission of pain signals to the brain. This precise technique can be tailored to each individual's unique condition and pain symptoms.



## *HOW DOES IT WORK?*

During the procedure, a special needle electrode is inserted near the targeted nerve under the guidance of fluoroscopy or ultrasound imaging. Once the electrode is correctly positioned, electromagnetic energy is delivered through the electrode, heating the surrounding tissue and creating a lesion on the nerve. This interrupts the nerve's ability to transmit pain signals, providing relief. Some studies have shown that the effects of RFA can last anywhere from several months to a year or more, although repeat procedures may be necessary in some cases to maintain pain relief.

## *WHO IS A GOOD CANDIDATE FOR RFA?*

RFA is recommended for individuals suffering from chronic pain who have not found sufficient relief from conservative treatments and is often considered an effective option for the following conditions:

- **Head and neck pain**
- **Facial pain**
- **Arthritis**
- **Neuralgia**
- **Lumbar facet joint pain**
- **Sacroiliac joint dysfunction**
- **Degenerative disc disease**

It's important to note that while many people experience positive outcomes from RFA, individual responses to the procedure can vary, and everyone will not achieve the same level of pain relief.

## WHAT TO EXPECT?

- 1 One of our pain specialists will evaluate you to see if you are a good candidate for the RFA. Candidates for RFA typically experience localized pain that can be pinpointed to specific nerves and have undergone diagnostic nerve blocks to confirm the source of their pain.
- 2 Our team will provide guidelines to help you prepare for your first appointment. RFA is performed in our same-day surgery center, eliminating the need for prolonged hospital stays. Upon arrival, our staff will assist you in changing into a surgical robe and begin the prep work for your procedure. You may receive sedation or local anesthesia to minimize discomfort.
- 3 Once preparations are complete, your Nura provider will use imaging to position the electrode precisely near the targeted nerve. You may feel some pressure or mild discomfort during this process, but it should not be painful. Once the electrode is in place, radiofrequency energy is delivered through the electrode for a predetermined amount of time, typically ranging from 90 seconds to several minutes, depending on the size and location of the treatment area. The duration of the procedure can vary based on factors like the condition being treated, the number of nerves targeted, and the complexity. Typically, RFA takes 30 to 90 minutes.
- 4 After the procedure, you will be monitored for a short period to ensure there are no immediate complications. You may experience mild discomfort or soreness at the treatment site following the procedure, but this can typically be managed with over-the-counter pain medications. It's important for you to follow any post-procedure instructions provided by our team, which may include restrictions on certain activities or guidance on pain management.

## INSURANCE AND BILLING

Insurance companies will typically provide coverage for radiofrequency ablation procedures when it's medically necessary and meets the guidelines outlined in your policy.

## IMPROVE YOUR QUALITY OF LIFE

**RFA targets specific nerves responsible for transmitting pain signals, delivering precise and often significant pain relief.**

