

PATIENT NAME: _____

DATE: _____

POST RFA INSTRUCTIONS

Radiofrequency ablation (RFA) uses radio wave energy through the tiny tip of an insulated needle (a probe). The right amount of heat is used at specific nerves without destroying the nerve pathway. As a result of the heating, soreness and muscle spasms are common after treatment. In time, these nerves will regenerate, but in the meantime, you'll most likely have pain relief. Most patients experience around 6-8 months of pain relief after the radiofrequency ablation.

PLEASE FOLLOW THESE INSTRUCTIONS TO MAXIMIZE THE RESULTS OF YOUR PROCEDURE(S).

- ❖ Plan for a "lazy day"; do **NOT** go back to work, shopping or strenuous housework. If you were given an anti-anxiety medication do **NOT** drive or work for 24 hours.
- ❖ You may resume taking your usual medications, unless otherwise instructed.
- ❖ Apply ice packs every 2 hours as instructed (not directly on skin) over injection site. We strongly recommend ice to reduce discomfort and muscle spasms.
- ❖ To prevent infection, DO NOT bathe, swim or sit in a hot tub for next 2 days. It is okay to shower.
- ❖ Do not exercise until your follow up in 4 weeks.

POSSIBLE EFFECTS FROM THE INJECTION:

- ❖ Some soreness and muscle spasms at the injection site for the next week. If needed continue ice treatment in 20-minute intervals.
- ❖ Bruising is possible.
- ❖ Numbness at injection site is possible.
- ❖ 4-6 Weeks before improvement is experienced.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT OUR OFFICE BETWEEN 8:30 AM-3:00 PM MONDAY-FRIDAY. PLEASE REMEMBER IT MAY TAKE 4-6 WEEKS BEFORE YOU FEEL THE BENEFITS OF THE TREATMENT. UNTIL THEN, YOU MAY NOT NOTICE ANY CHANGE IN YOUR PAIN. PLEASE GIVE IT TIME TO WORK.

Manish Suthar

MANISH SUTHAR, MD

PATIENT/RESPONSIBLE PARTY_____
DATE