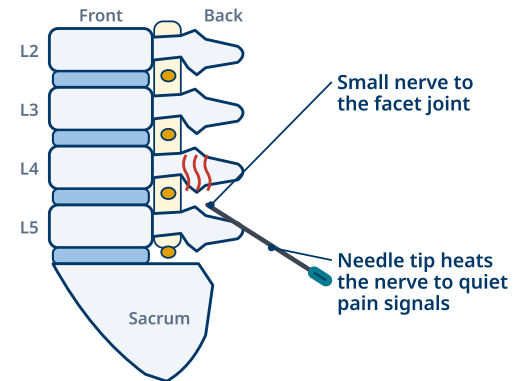


Radiofrequency Ablation

What it is

Radiofrequency ablation (RFA) uses heat to quiet small nerves that carry pain from the spine joints. It is done with a thin needle. Relief may last for months for some people.



Why it is done

- Facet joint pain confirmed by diagnostic medial branch blocks
- Selected sacroiliac joint or knee pain
- Pain lasting several months despite conservative care

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: You usually have test injections first to confirm that these nerves carry your pain. We review your medicines, especially blood thinners, and any allergies. You may need someone to drive you home.

During: The skin is numbed. Using X-ray, the doctor places thin needles near the nerves and heats them for a short time.

After: You go home the same day. The area may be sore for a week or two. Relief, if it comes, often starts within a few weeks.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/radiofrequency-ablation/



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