

# What is Radiofrequency Ablation?

RFA is a minimally invasive, non-surgical, outpatient procedure that targets the nerve or nerves causing your pain and uses thermal energy to interrupt the pain signals at their source. It can be used to treat pain (often arthritic joint pain) in different parts of the body – back, hips, knees, shoulders, feet, and neck.

With a quick, simple procedure, RFA can provide months – sometimes even years – of pain relief. It tends to be well-tolerated and has few associated complications. The procedure can be repeated if the pain returns when the nerves regenerate.

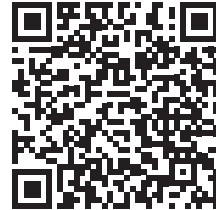
**If you've been suffering with chronic pain, relief may be in sight – without the need for surgery.** Radiofrequency ablation (RFA) is a well established, drug-free treatment that has been clinically proven to provide safe, effective, lasting relief from chronic pain.<sup>1,2,3,4</sup> More than 70% of patients treated with RFA experience relief lasting anywhere from six to twelve months – and in some cases, years.<sup>3,4,5</sup>

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**WHAT HAPPENS DURING THE PROCEDURE?**

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Learn more about RFA and other Boston Scientific pain solutions at [BostonScientific.eu](https://BostonScientific.eu)



**References:**

1. Lord SM, et al. Percutaneous radiofrequency for chronic cervical zygapophyseal joint pain. *The New England Journal of Medicine* 1996; 335(23): 1721-1726.
2. MacVicar J, et al. Cervical Medial Branch Radiofrequency Neurotomy in New Zealand. *Pain Medicine* 2012; 647-654.
3. Dreyfuss P, et al. Efficacy and Validity of Radiofrequency Neurotomy for Chronic Lumbar Zygapophysial Joint Pain. *Spine* 2000.
4. Gofeld M, et al. Radiofrequency Denervation of the Lumbar Zygapophysial Joints – Targeting the Best Practice Authors. *Pain Physician* 2007; 10:291-299.
5. Govind J, et al. Radiofrequency neurotomy for the treatment of third occipital headache. *Journal of Neurology, Neurosurgery, Psychiatry* 2003; 88-93.

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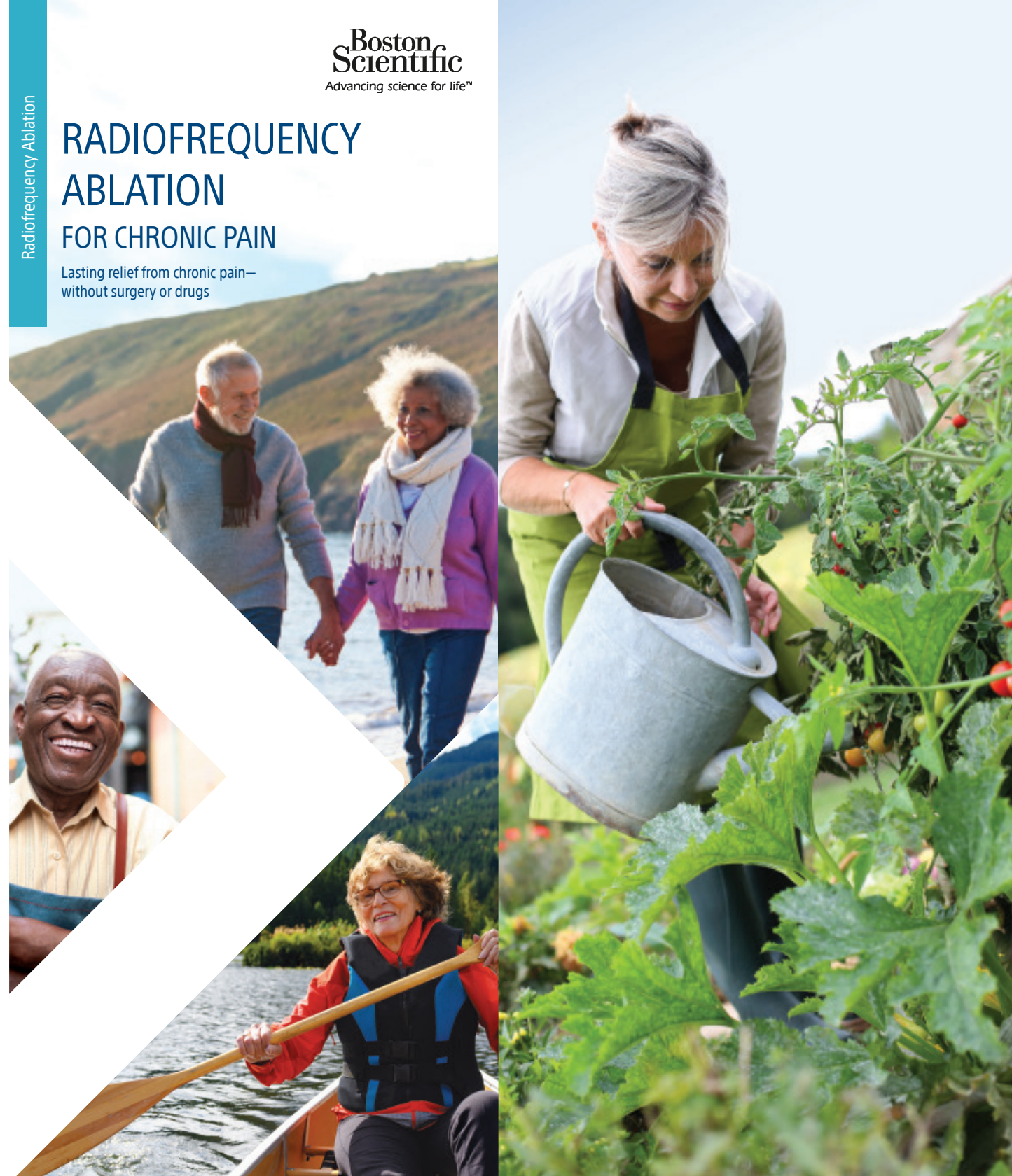
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Radiofrequency Ablation

## RADIOFREQUENCY ABLATION FOR CHRONIC PAIN

Lasting relief from chronic pain—without surgery or drugs

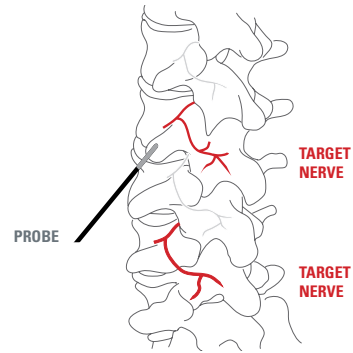




Your doctor performs this short procedure in a treatment room setting. Local anesthesia and a mild sedative may be used to reduce discomfort during the procedure.

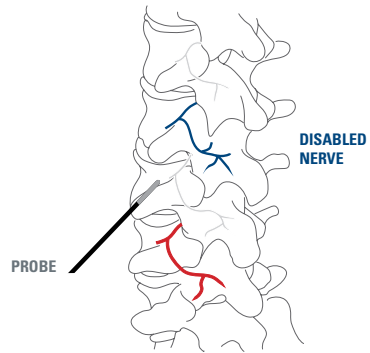
## 1. Targeting the Nerve

X-ray or ultrasound imaging helps guide a special probe to the target nerve. Electrodes stimulate nerves near the areas to help determine the optimal treatment locations.



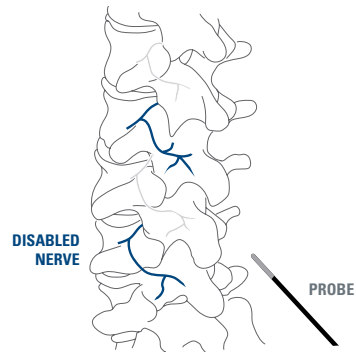
## 2. Disabling the Nerve

The electrodes then send a small RF current into the surrounding tissue, causing the tissue to heat and disabling the nerve to stop it from sending pain signals.



## 3. Repeat for Multiple Pain Areas

Generally, one to four nerves are targeted in one procedure to maximize pain relief.



## 4. Recovery Time

After the procedure, you may experience a few days of discomfort around the procedure site(s). Doctors generally advise not to engage in any strenuous activity for at least 24 hours after treatment, but your doctor will give you complete postprocedure instructions. Over the next few weeks, your pain should subside, allowing you to return to the activities you enjoyed before the onset of your chronic pain.