

(PRF) PULSED RADIOFREQUENCY IS A WELL-ESTABLISHED TREATMENT FOR JOINT AND NERVE PAIN.

The procedure differs from radiofrequency neurotomy (RFN) treatment where the probe is heated. Pulsed RF treatment applies an intermittent electrical pulse to the probe, thereby avoiding heating the nerve. This in turn, minimises further nerve damage. It uses an electromagnetic current to reset the nerves and change the conduction characteristics to reduce pain signal transmission. PRF treatment doesn't cause weakness or loss of normal sensations and has been shown to reduce pain. The average duration of pain relief is between four and 26 months, depending upon which nerve is being treated. However, pain relief may range from anywhere between four weeks to 18 months. In some cases, there is no benefit.

Generally, you will be discharged from the hospital within two hours and may resume normal activities on the following day. Simple analgesics are often required for a few days. If you've been using stronger analgesics, you may require stronger analgesia for a few days.

WHAT ARE THE SIDE EFFECTS?

Like all procedures, PRF treatment carries some risks, including:

- Allergic reaction to the medications used in the procedure or sedation is possible but can be treated on the day; nausea is not uncommon following sedation.
- Infection is extremely unlikely with the possibility minimised by the use of sterile techniques in an operating theatre. The needles are all disposable.
- It is uncommon for even a day of work to be lost; however, if there was an infection or excessive pain, there is a possibility of some time off work. Some soreness after the procedure is normal and may last for 24-48 hours.

ACTIVITY:

Procedure Day: You are advised to rest on the day of your procedure.

Day 2/3: Return to 50% of your usual activity level.

Day 4: Return to 50% to 75% of your usual activity level.

After that, you can resume your normal activities as tolerated.

MEDICATION:

Continue to take your usual pain medication until you notice some improvement in symptoms.