



Lumbar Radiofrequency Thermo Coagulation/Ablation (RFTC/RFA)

Your provider has ordered a Lumbar Radiofrequency Thermo Coagulation/Ablation (RFTC/RFA). The office will obtain approval from your insurance and call you with an appointment.

What is a Lumbar RFTC/RFA?

A Lumbar RFTC/RFA is a “heating up” using radio waves near the nerve (medial branch) in the lower back to decrease pain and increase motion, hopefully lasting 6 months to a year or longer.

Before the Procedure:

- Please tell your provider if you have any bleeding disorders or if you are taking any blood thinners. These medications may increase your risk of bleeding after the procedure.
- If you are taking blood thinners, please contact the provider that prescribed this medication to see if it is safe to stop the medication. Instructions on how and when to stop these medications should be given by the provider who started these to decrease your risk of complications.
- Please have an up-to-date list of all medications and supplements. Except for blood thinners, please take your normal medications as ordered. Steroids can cause a slight increase in blood pressure and blood sugar.
- Please have an up-to-date list of all allergies.
- Your provider will discuss the risks and benefits before the procedure and answer any additional questions.
- You need to be in good health the day of the procedure. Please contact us if you have any infection, are taking antibiotics, have a fever, or any new illnesses or hospitalizations.
- **You will need a driver for this procedure if you choose to have sedation. Your driver must stay with you while you are here. Do not eat for 6 HOURS before the procedure if you choose to have sedation.**
- Additional instructions

During the Procedure:

- The procedure will take approximately 30-45 minutes. Please allow extra time for registration and preparation. If both sides of the lower back are affected, only one side is done at a time.
- You will be lying down on your stomach during the procedure. Please notify your provider if you are unable to do this.
- You will be fully awake and interactive during the procedure (unless you choose sedation).

After the Procedure:

- You may feel fullness in your back that lasts for a few minutes to an hour or more.
- The steroids take 2-5 days to decrease inflammation and reduce pain. The long term pain relief takes 4 to 6 weeks.
- You will be given additional discharge instructions the day of your procedure.
- Please call our office at 715-483-0241 or 844-4-KINISI if you have any questions or concerns.