

Pulsed radiofrequency (PRF) treatment for nerve pain

General Information About the Procedure?

A reservation has been made for you for a pulsed radiofrequency (PRF) treatment for nerve pain. In this procedure, the irritated nerve is treated with pulsating radio frequency energy. The procedure is performed under ultrasound or computed tomography guidance, so X-rays may be used.

How to prepare for the procedure?

- Please contact your outpatient clinic as soon as possible if you are taking medicines that affect blood clotting, like Marevan or similar. These medicines should be paused for 1-5 days before the procedure- with the consent of the treating doctor- to prevent the risk of bleeding (no pause is necessary after heart valve surgery). Also please contact the outpatient clinic if you are hypersensitive to anaesthetics or contrast media or if you suspect that you could be pregnant.
- On the day of the procedure, you must fast from all food and drink 4 hours before the time of the procedure. You may take your prescribed medications normally.
- Depending on the area being treated, a bed in the ward may have been reserved for you. Alternatively you will be invited directly to the outpatient department.

How is the procedure done?

During the procedure, you lie on your stomach or back as still as possible. The position will be supported as comfortably as possible using positioning aids.

After washing and anesthetizing the skin, the operating doctor inserts a thin needle into the area of the irritated nerve root. Occasionally, the location of the needle is confirmed by ultrasound or computed tomography scans, as well as ensuring the correct location by stimulating the nerve before the actual treatment.

What about after the procedure?

- Anaesthesia of the nerve root canal takes about 1–2 hours.
- After the procedure, you can eat and drink normally if there are no other restrictions.
- Depending on the area being treated, bed rest might be required for 1-2 hours.
- If you experience any problems after the procedure, contact the referring outpatient clinic or TYKS emergency room.

Where do you get the results from the procedure?

The referring outpatient clinic or ward is responsible for communicating the results of the procedure to you.