

## **Radiofrequency ablation (rfa) thermal treatment for the thyroid**

You are coming in for treatment for a benign change in your thyroid gland. The procedure is performed under ultrasound guidance and local anaesthesia.

### **How to prepare for the procedure?**

- Please contact your outpatient clinic as soon as possible if you are taking medicines that affect blood clotting (Marevan or equivalent). Also please contact the outpatient clinic if you are hypersensitive to anaesthetics.
- Blood tests will be taken for the procedure. Blood tests should be performed one week before the procedure.
- If you have, for example, a pacemaker or other internal device, please tell your doctor.
- 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 regular medications normally.
- Jewellery and watches must be left at home when you come for the procedure.

### **How is the procedure done?**

- The procedure is performed under local anaesthesia.
- The duration of the procedure is 1-2 hours in total.
- You will be given an IV injection line in case we need to administer medication.
- Using ultrasound guidance, the needle is inserted to the desired location of the thyroid gland. X-rays are not used. The tip of the needle is heated and this causes local tissue destruction in the desired area. As a result, the thyroid gland is reduced.

### **What about after the procedure?**

- After the procedure, you will be monitored in the ward for about 2 hours, after which you can go home. However, be aware that the recovery time may also be longer (e.g. 2-3 hours). This might be the case if your condition requires additional monitoring or if you have received a strong painkiller during the procedure.
- The laryngeal nerves are located between the thyroid lobes and the trachea. These nerves can sometimes be damaged. Damage to the nerve leads to vocal cord paralysis, which can affect the voice, swallowing, and breathing. About 50% of these cases self-heal to normal within about ½ a year.
- After the procedure, you can eat and drink normally if there are no other restrictions.
- In most cases, the treatment goal is achieved with one treatment. Extensive disease may require multiple treatments.

- After the procedure, the treated area may be sore. For pain control, you can use regular pain medication as needed
- If you have any problems after the procedure, you should contact the referring outpatient clinic or TYKS emergency clinic.

### **Where do you get the results from the procedure?**

The referring unit or ward is responsible for reporting the results of the procedure.