

## RADIO-FREQUENCY ABLATION

### **1. There are 2 types of Radio-Frequency Ablation (RFA)**

- a) **Standard**, which uses a regular probe
- b) **Cooled** (COOLIEF®), which uses sterile cooling fluid within the probe

### **2. What is the cost of RFA?**

- a) Single (1) Joint
  - 1. Standard RFA is \$595
  - 2. Cooled RFA is \$1895
- b) Bilateral (2) Joints
  - 1. Standard RFA is \$1095
  - 2. Cooled RFA is \$2395
- c) The procedure requires ultrasound guidance, which is \$40

### **3. Can I get both knees done at the same time?**

- a) Yes

### **4. How do I book an appointment?**

- a) Dr. Rabinovich is an Orthopaedic Surgeon, and in order to get a consult you will require a Physician to send us a referral.

### **5. How long is the wait-time to see Dr. Rabinovich?**

- a) Average wait-time is 2 to 3 months.

### **6. How long until I can have the RFA procedure?**

- a) Average wait-time is 2 to 3 months after you consult with Dr. Rabinovich. We have a waiting list for the procedure.

### **7. How do I know if I am a candidate for the RFA procedure?**

- a) All patients who want to receive this procedure will require a “**Diagnostic Injection**” to determine if they are candidates. A Diagnostic Injection is done in the clinic, and involves an ultrasound guided injection (\$40) of the target nerves around the knee with an anti-inflammatory medication (\$25).
- b) If the Diagnostic Injection provides a significant amount of pain relief for the patient, it is likely that the RFA procedure will do the same or better. The patient will then be booked for the RFA procedure.

**8. How long are the procedures?**

- a) Diagnostic Injection can be done during the initial consult visit and takes about 10-15 minutes.
- b) The RFA procedure takes about 30-60 minutes from start to finish.

**9. What is involved in the recovery after an RFA?**

- a) After an RFA, the patient is encouraged to REST, Compress, Elevate and Ice the knee. In addition, regular use of Tylenol and NSAID is advisable.
- b) The knee will be sore for 1-2 days.
- c) Range of motion activities is recommended, but NO Sports or Strenuous Exercises.

**10. Are there any restrictions for getting RFA?**

- a) Adults over the age of 18 who are capable of informed consent
- b) No implanted pacemaker, defibrillator, nerve stimulator, or other electronic devices in the body

**11. What are the potential complications and risk of RFA?**

- a) Like all procedures there are potential risks and complications
  - 1. Bleeding
  - 2. Pain during and after procedure
  - 3. Skin burn
  - 4. Infection
  - 5. Swelling
  - 6. DVT
  - 7. Nerve injury

**12. I had a Total Knee Replacement and I still have pain. Am I a candidate for RFA?**

- a) Yes, in most patients who had a Total Knee Replacement and continue to have pain, the RFA procedure can have a significant improvement in pain.
- b) Dr. Rabinovich will review each patient on a case-by-case basis.

**13. Can RFA be done to other joints? Other conditions?**

- a) Yes. Research is showing promise of RFA for arthritis in the Shoulders, Hips, Backs and Feet. At this time, we are only doing Knee procedures.
- b) Also, growing research is showing promising results for RFA in the treatment of Tennis Elbow, Shoulder Tendinitis, Achilles Tendinitis, etc.