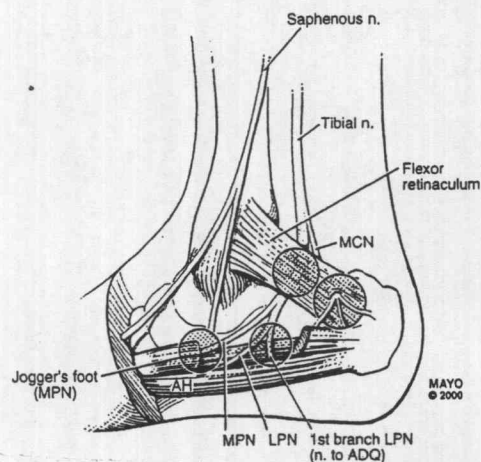
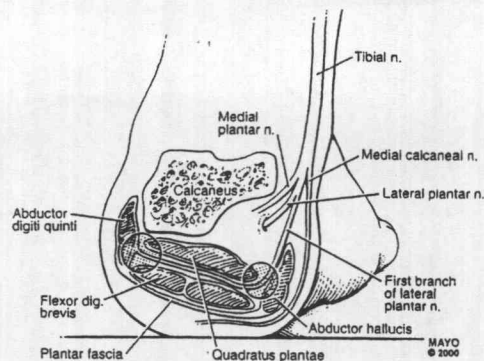


Notes:



What Is RF Therapy ?

RF Therapy uses radiofrequency energy to disrupt nerve function. When this is done to a peripheral nerve, such as that found in the foot, the nerve can no longer transmit pain from the site.

What Happens During RF Therapy ?

A local with anesthetic with or without sedation is used during RF Therapy. The doctor will then insert a thin needle near the point of pain. An ultrasound image may or may not be used to position this needle.

What Happens Before RF Therapy ?

There are no specific pre-therapy activities that a patient must take. Your physician may request that you apply ice packs a day or two before treatment to reduce the inflammation in the area to be treated.

What Happens After RF Therapy ?

You will be monitored after the RF Therapy. When you are ready to leave, you will be given discharge instructions. Since only the local area has been numbed, you should be able to walk out of the clinic on your own. Take it easy for the rest of the day. You may feel sore for one to four days. This is normal. It may be due to muscle and nerve irritation as well as a result of the procedure. Your foot may feel weak, numb or itchy for a couple of weeks. Full pain relief usually comes in four to six weeks.

Post-Op Instructions:

Wear the post-op shoe for the first day to two days, afterwards you may transition to your normal daily shoe. Try to avoid excessive walking for the first day. You may use an ice pack for post-op pain, as well as tylenol or ibuprofen. Change the dressing daily. I will see you back in our office in one week. Call with any questions.