

# Thyroid Nodule Radiofrequency Ablation

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## What is Radiofrequency Ablation (RFA)?

Radiofrequency ablation (RFA) is a non-surgical treatment for **benign** (non-cancerous) thyroid **nodules** (growths or lumps). A device that emits radiofrequency waves is used to shrink the nodule and destroy surrounding tissue, often without affecting thyroid function.

## How is the treatment done?

Using ultrasound guidance, the radiologist places the tip of a special needle into the thyroid nodule. This heats the tissue which is then broken down by the body's immune system over several months. This also causes the nodule to shrink which can improve your symptoms and your cosmetic appearance.

We perform RFA in a dedicated procedural room in an outpatient setting. The procedure takes approximately 1 hour or less to complete. Our highly experienced team has performed ablative therapies for over 20 years.

## What thyroid conditions are treatable with RFA?

- Benign thyroid nodules causing a feeling of fullness in the throat
- Thyroid nodules that produce an excess of thyroid hormone
- Cosmetically unappealing thyroid nodules

People with small cancers who are not good candidates for thyroid surgery may also be considered. After RFA, the nodule may not be removed completely so the thyroid will need to be closely monitored for changes.

## **What are the benefits of this procedure?**

- Outpatient procedure
- Avoids scarring
- Shorter recovery time

## **What are the risks and possible complications?**

- Vocal changes, hoarseness
- Slight bleeding
- Infection
- Bruising at treatment site

## **How can I learn more?**

Contact Cross-sectional Interventional Radiology (CSIR) for more information at (734) 615-3486.

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