

Radiofrequency Ablation (RFA) Discharge Instructions

What are my Care Instructions?

You received local anesthesia during your Radiofrequency Ablation (RFA). As the anesthesia wears off, you may feel some pain and discomfort from your RFA. The area where your procedure was performed may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

How will I care for myself at home?

Activity

- You may start taking showers again 24 hours after your procedure.
- For 2 days after your RFA, avoid strenuous physical activity for the RFA area.
- Do not swim or take a tub bath for 7-10 days after your RFA or until your RFA site is healed.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

Medications

- You can take your normal prescription medicines as your doctor has instructed you to do.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

Special Instructions

- You can remove the band aid from your RFA site 24 hours after your RFA.
- You will receive follow up care from your doctor who ordered your RFA.

When should I call for help?

- Call 911 anytime if you have any of the following signs and symptoms:
 - shortness of breath
 - chest pains
 - Loss of consciousness – (if you passed out or fainted)

Call 911 anytime you think you need emergency care.

- Call the Radiology Nursing Station at 734-936-4515 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:
 - Severe pain at RFA site that does not respond to pain medication
 - Abnormal bleeding
 - Fever (greater than 100.6°F)
 - Continuous vomiting
 - Redness, swelling, red streaking or pain at IV site or procedure site
- After hours you can call the Radiology Superchief at 734-936-6267, pager 1800.

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