



Peripheral Nerve Ablation

PATIENT INFORMATION & PROCEDURE GUIDE

Understanding Your Diagnosis

Chronic pain can often be traced to hypersensitized peripheral nerves—those located outside the brain and spinal cord. When these nerves transmit persistent pain signals due to injury, surgery, or chronic inflammation, Radiofrequency ablation (RFA/RFTC) offers a durable solution for patients who previously found temporary relief from diagnostic nerve blocks.

The Treatment: Peripheral Nerve RFA

Peripheral Nerve RFA is a minimally invasive procedure that uses thermal energy to interrupt pain signaling. Dr. Pugh utilizes a specialized probe to deliver radiofrequency waves, creating a small heat lesion on the targeted nerve. This effectively "mutes" the nerve's ability to send pain signals to the brain, providing long-term relief without the need for invasive surgery.

Our Approach: Image-Guided Precision

At Abilene Pain, our independent practice ensures every procedure is guided by advanced technology. Dr. Pugh utilizes High-Resolution Ultrasound or Live X-Ray (Fluoroscopy) to visualize the anatomy in real-time. This ensures the RFA probe is positioned with sub-millimeter accuracy, maximizing clinical outcomes while maintaining the highest standard of safety.

Procedure Day Highlights:

- Performed using Real-Time Imaging for exact safety and positioning.
- Local numbing and light sedation are used to ensure a comfortable experience.
- The procedure typically lasts between 20 and 40 minutes.
- Outpatient procedure: You will be able to return home the same day.

Benefits

- **Durable Relief:** Often provides significant pain reduction lasting 6 to 18 months.
- **Improved Mobility:** Designed to help you return to your hobbies and daily activities.
- **Non-Surgical Option:** A proven alternative for chronic nerve pain in the knees, shoulders, or extremities.

Recovery

- **Activity:** Most patients return to regular, light activity the next day.
- **Soreness:** You may feel mild localized tenderness or "sunburn-like" soreness for a few days.
- **Results Timeline:** Full benefits typically develop over 4-6 weeks as the nerves settle.

Nicolas Pugh, MD | Adrianne Anders, NP | Ted Chaka, PA

Abilene Pain Locations

Main: 1925 Hospital Drive

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DISCHARGE SUMMARY

Procedure Summary: Radiofrequency Ablation

You have undergone a Peripheral Nerve Ablation (Radiofrequency Ablation), a specialized procedure designed to provide long-term relief from chronic nerve pain located outside your brain and spinal cord. Following your diagnostic blocks, we have used thermal energy to create a small heat lesion on the targeted peripheral nerves. This effectively "mutes" the nerves' ability to transmit persistent pain signals from the affected area to your brain.

Activity Restrictions

- **Driving:** No driving for 24 hours if you had IV sedation.
- **Lifting:** As tolerated
- **Exercise:** As Tolerated

Wound Care

- **First 24 Hours:** Leave dressings intact
- **Showering:** Okay to shower
- **Submersion:** Permitted after 24 hours

Pain Management Expectations

- **The "Sunburn" Flare:** It is normal to feel a deep, localized soreness or a "sunburn" sensation in the treated area for 1–2 weeks, however can last up to 6 weeks.
- **Management:** Use ice packs (20 min on/off) and resume baseline medications including NSAIDs/Aspirin immediately.
- **Results:** While some relief may occur sooner, peak benefits typically develop between 4 to 6 weeks as the nerves settle.

Red Flags

- New or worsening leg weakness, numbness, or **"foot drop."**
- Sudden loss of bowel or bladder control.
- **Fever** >101.5°F, chills, or **drainage at the incision site.**
- **Severe headache** that worsens when sitting or standing.

Follow-Up Schedule

- **4–6 weeks:** Formal functional assessment of procedural efficacy.

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