New Day Pain and Wellness

Genicular Nerve Block/ Radiofrequency Ablation (RFA)

A **genicular nerve block** is an effective, alternative way of treating knee pain when traditional surgery is either not an option or did not yield the desired results. This procedure is also a good solution if pharmacological intervention was unhelpful.

If the block is successful, a more permanent procedure called a **radiofrequency ablation (RFA)** may be done.

Conditions treated

You might benefit from a genicular nerve block if you suffer from:

- Osteoarthritis of the knee
- Degenerative joint disease of the knee
- Pain after total knee replacement

Duration

Less than 30 minutes.

How is it performed?

Under fluoroscopic guidance, a physician will insert a needle into the medial side of the lower leg as well as on both sides of the lower femur. Once inserted, the physician will inject a local anesthetic. If this injection affords you with at least 80 percent pain relief, then you will be eligible for radiofrequency ablation of the genicular nerves (GNRFA). GNRFA involves creating a heat lesion around the genicular nerves to block the pain signals to the brain.

Prior to your appointment

You may continue taking all medications except blood thinners before the procedure.

What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Weakness
- Infection
- Increased pain
- Vascular injection
- Bruising

What to expect after the procedure

You can expect to have soreness around the injection sites for a couple of days.

Pain relief is typically expected immediately after the procedure and this relief can last for several weeks.

However, not all patients will achieve pain relief with this procedure and some will experience short periods of pain relief than others.

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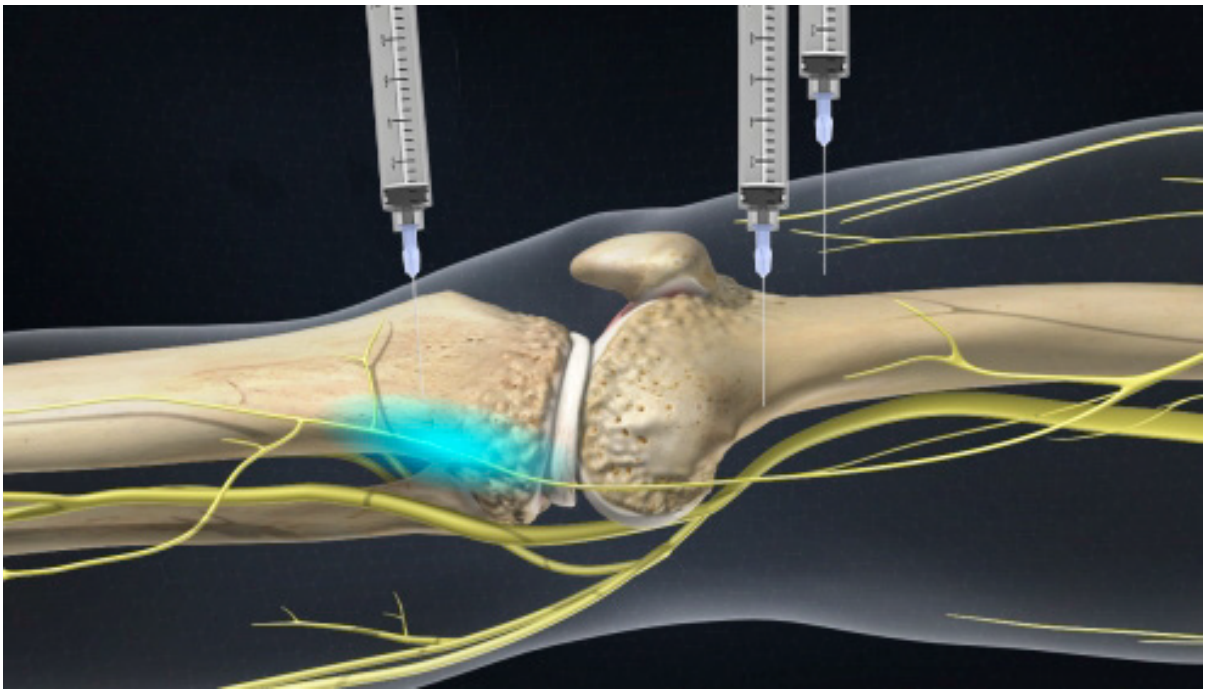
You will be able to walk after the procedure, but you should not engage in rigorous activity for 24 hours after the procedure.



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