

# WHY RFA?

Surgery doesn't always have to be the answer...

## 1 Effective pain relief

In clinical studies, most patients receiving RFA reported that their pain was significantly reduced for at least one year.

## 2 Outpatient procedure

Since this procedure requires no general anesthesia, you can return home shortly after treatment.

## 3 Quick recovery time

Most patients can feel pain relief within 1-2 weeks, much sooner than with surgery.

## 4 Minimally invasive

Online surgery, RFA involves no incision.

**For more information,  
please visit:**

[WWW.DOMINIONSPINE.COM](http://WWW.DOMINIONSPINE.COM)

## Is Radiofrequency Ablation right for you?

Radiofrequency ablation may be right for you if you have chronic pain that does not respond to other treatment, such as pain medication, steroid injections and physical therapy.



(301) 659-0003  
(301) 829-7693



(301) 829-7694



Dominion Spine and Pain

[WWW.DOMINIONSPINE.COM](http://WWW.DOMINIONSPINE.COM)



## Radiofrequency Ablation

Chronic Pain Treatment That May Be Right  
For Your Lower Back

The following Q&A is provided to inform you about the availability  
of Radiofrequency for lower back pain

DOMINION SPINE & PAIN

# Radiofrequency Ablation

Chronic back pain doesn't have to be met with surgery or medication. You deserve an option that's minimally invasive, effective, and offers a short recovery.

Radiofrequency Ablation (RFA) Treatment can deliver just that. It is a minimally invasive treatment option targeting nerves that are causing pain.

1

## What is Radiofrequency Ablation (RFA)

Radiofrequency Ablation (RFA) is a minimally invasive, outpatient procedure that can safely treat chronic pain. This advanced procedure uses radiofrequency energy to safely target the sensory nerves causing pain.

2

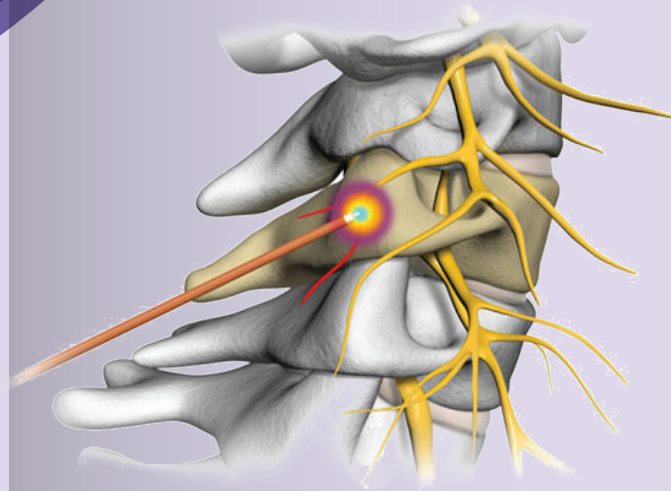
## When is Radiofrequency Ablation (RFA) performed?

Facet arthritis: This pain can feel like muscle tension or stiffness; Specially when you wake up, it takes 15-20 minutes to get going.  
Back pain: Prolonged sitting/driving hurts  
Back spasms: Standing hunched back

3

## How long does the procedure take?

The procedure time depends on the treatment you need, the actual treatment time is approximately 30 minutes. Patients can choose to be sedated or not.



4

## What happens after the procedure?

You can continue your regular diet and medications immediately, but do not drive or do any rigorous activity for 24 hours after the procedure. Take it easy. You can return to your normal activities the next day. A responsible adult is required to be present in order to drive you home.

5

## Any side effects/complications?

There are rarely any complications associated with lumbar facet radiofrequency. However, patients sometimes experience a few temporary side effects:  
- A sunburn like sensation over the treated area  
- Light skin numbness over the same area  
- Soreness at the injection site

6

## When will I be able to feel pain relief?

You should begin to feel pain relief within two to four weeks. Relief is usually long-lasting, one to two years

*Surgery doesn't always have to be the answer ...*

Every patient has the right to pain relief, and surgery can be beneficial in properly selected patients. However, it's not for everyone for a variety of reasons, including cost and recovery time. That's why we focus our time and effort on trying to bring non-surgical pain relief options to those suffering from chronic pain.