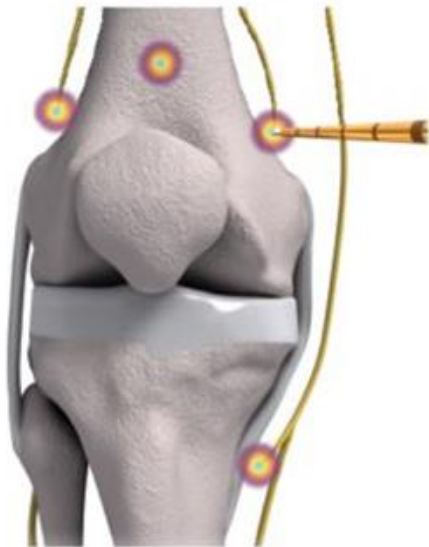


## Cooled Radiofrequency Ablation

A new treatment for osteoarthritis of the knee is now available at Bronson. Cooled radiofrequency ablation is a procedure that blocks nerves in the knee from sending pain signals. It is not surgery but is done at the hospital in an operating room.

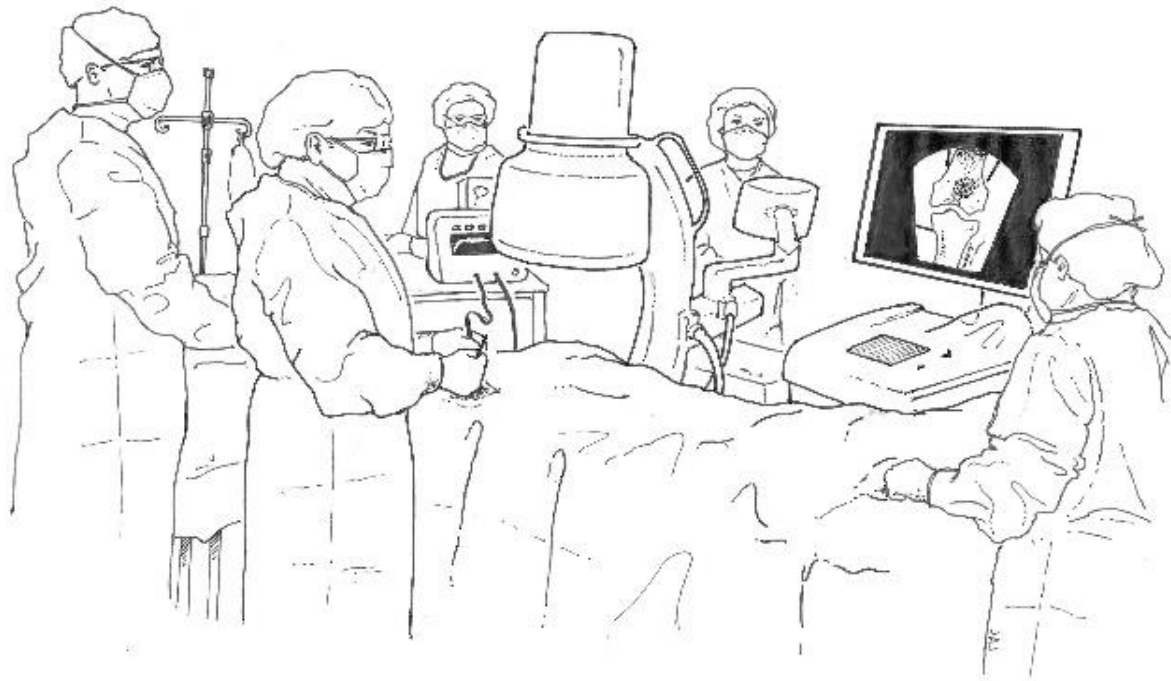
If you have arthritis of the knee which is no longer relieved by arthritis medicines (NSAIDs), injections, gel treatments for lubrication, activity changes or weight loss, knee replacement may be recommended. Many people are not able to have knee replacement due to serious lung or heart disease, obesity (BMI over 40) or other health problems. Other people may wish to avoid or delay surgery.



Used with permission from  
Avanos Medical Inc.

Another option is cooled radiofrequency ablation. In this procedure a thin needle is used to direct an electric current to the sites of nerves in the knee. This stops the nerve from sending a pain signal.

Ablation procedures have been done on the spine for many years but only recently been approved for the knee. Studies show that over 80% of patients report pain relief one year after the procedure. The procedure is performed as an outpatient. No hospital stay is needed. You can return to full activities in a few days.



The cooled radiofrequency procedure is performed under sterile conditions in an operating room by a team who has done this procedure many times. Your vital signs will be continuously watched during and after the procedure.

## Treatment

The treatment involves two procedures at the hospital.

- In the first procedure, a special x-ray device called a fluoroscope is used. It guides an injection of numbing medicine at the site of the nerves. Shortly after getting the injection, you are asked to walk and do activities that are typically painful. If the pain is greatly relieved that means there is a good chance the ablation treatment will help your knee pain.



- In the second procedure, the ablation is performed. During the ablation procedure, a special needle is placed at the site of the nerves. The tip is heated to ablate or de-activate the nerve.

## **Insurance coverage**

Call your insurance provider using the phone number on the back of the card to find out if the procedure is covered. The procedure is covered by Medicare, but many insurance companies do not reimburse for this treatment. If your insurance considers these procedures to be a non-covered benefit, you will be asked to pay for each procedure before it is scheduled.

You will want to call for a price verification at (269) 341-7723, option 1 for an estimate of what you might have to pay. The outpatient procedure (CPT) code for each procedure is:

Procedure 1:	CPT 64454
Procedure 2:	CPT 64624

## **Getting ready for the procedure**

**Smoking:** Please stop or decrease your smoking before and after the procedure.

**Skin care:** You should shower the night before. It is critical that the skin around the knee is free of any bug bites, rash, scratch, infection or any injury. A break in the skin can increase the risk of an infection. The surgery will be postponed until the skin is healed. Do not put any lotions or creams on the knee before the treatment.

**Driving:** you will need someone to drive you to and from the hospital.

**Medicines:** Certain medicines will need to be stopped before the procedure. If you are taking any blood thinners, the surgeon's staff and your family physician will let you know what to do before the procedure. Let our staff know if you are taking any herbal medicines, as many of these have side effects, like how the blood clots.

## Eating before surgery guidelines

Follow the “2-4-6-8 rule”, developed by the American Society of Anesthesiologist. You can eat the following at the defined times listed below:

8 hours before your arrival time for the procedure:

- You may eat solid foods and dairy products.
- Please don't drink any alcoholic beverages within 8 hours of your scheduled arrival time.
- Drink clear liquids.

6 hours before your procedure:

You may eat non-human milk or light meal.

4 hours before your procedure:

You may have breast milk.

2 hours before the procedure:

You may have clear liquids including water, pulp-free juice, and tea or coffee without milk.

Clear, see-through liquids include:

- Water
- Clear fruit juices such as apple juice and white cranberry juice
- Plain tea or black coffee (*NO* milk or creamer)
- Clear, electrolyte-replenishing drinks such as Pedialyte, Gatorade, or Powerade (*NOT* yogurt or pulp-containing "smoothies")
- Ensure Clear or Boost Breeze (*NOT* the milkshake varieties)

You should drink clear liquids — *NOT* milk or dairy products — until 2 hours before the time you are scheduled to arrive at the hospital. Staying hydrated is good for you, and it's especially important in hot weather!

## Frequently asked questions

- Where is the procedure done?

The procedure is done at Bronson Lakeview Hospital in Paw Paw. See the map on the next page.

- How long does it take?

Patients should plan to arrive 1 hour before the procedure. The procedure usually takes 30 to 45 minutes. Most patients go home 30 minutes later.

- How do I care for knee after the treatment?

You may remove any bandages 24 hours after the procedure. Do not bathe for 48 hours. Call if there is a lot of redness, drainage or any signs of an infection.

- What are the possible complications?

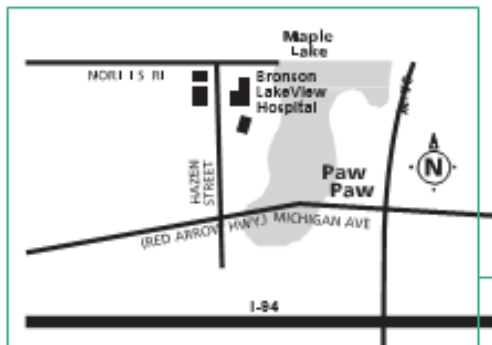
Complications are rare. There is always the risk of an infection after any procedure. You may react to one of the medicines. Developing a blood clot is rare, but if you have swelling or pain in your calf you should call your doctor.

- What if my pain does not improve after the first procedure?

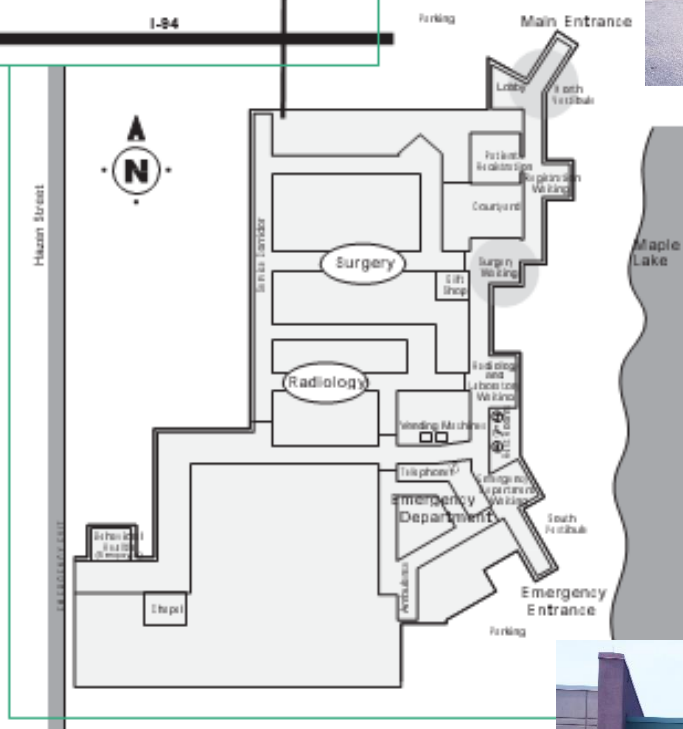
If you do not have relief from pain with the first procedure, you will not have the second procedure.

Any questions, please call 855-618-2676.

# Directions: Bronson Lakeview Hospital



Main Entrance



 **BRONSON**  
LakeView Hospital

Surgical Services  
408 Hazen Street  
Paw Paw, MI 49079  
(268) 857-3141

[bronsonhealth.com](http://bronsonhealth.com)



Emergency Room Entrance