

Important aftercare

You should rest for 1 to 2 days after the procedure and avoid strenuous activity for 5 days. Normal pain medication can be taken as usual.

If you do not have a follow up please contact the consultant's secretary using the main hospital switchboard on **020 8954 2300**.

The follow up may be a phone call to ensure you are well.

Medical help via your GP / local minor injuries unit should be sought if there are any signs of the following:

- **Excessive bleeding from the site**
- **Increased pain, swelling, redness or warmth**
- **Swelling in the neck, armpit or groin**
- **Fever / chills**

If you are unable to attend this appointment please let the department know ASAP, the appointment can be used by another patient.

Useful contact numbers

X-Ray / Ultrasound **020 8909 5443**
MRI / CT / Nuclear Medicine **020 8909 5801**
DXA **020 8909 5476**
Pre operative assessment **020 8909 5630**



**Royal National
Orthopaedic Hospital**
NHS Trust



A patient's guide to

CT guided Radiofrequency Ablation

If you would like this leaflet translated into another language/large print, please contact the Quality Team on 020 8909 5439.

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CT Guided Radiofrequency Ablation under general anaesthetic is a procedure that uses radiation via a circular scanner to produce images to guide an electrode into the exact area where the ablation (cauterisation of tissue) is needed. The electrode is heated up for the procedure and placed in the area. General anaesthetic is used as the procedure is painful, the anaesthetic will remove any possibility of movement during the scan. Local anaesthetic is given as well to numb the site during and for a short time after the procedure.

Before the procedure

We require you to contact the department if any of the following apply to you, if the department is not contacted before the appointment and any are applicable to you the appointment may be cancelled:

- You are taking anti-coagulants (blood thinning medication) such as **Warfarin, Aspirin, Clopidogrel, Rivaroxaban** or **Apixaban**
- If you have recently been diagnosed with a DVT or a suspected DVT and your medication is still ongoing.
- You are on or have recently been taken off **Antibiotics**
- You have a concern you may have an infection
- Any allergies to medications.

Contact number: **020 8909 5801**

For this procedure you will be admitted to a ward the morning of the procedure. You will be allowed to leave the same day providing there are no complications (which is very rare). When you have been admitted you will be called to the scanning department at the time of your procedure. This can be any time between 9am and 4pm. You will be required to fast before this procedure which will be highlighted to you in the pre-operative assessment.

In the room

You will be asked into the room where a radiographer / helper / radiologist will explain the procedure and go through the consent form. They are there to help with the procedure and ensure you are at ease throughout. The anaesthetic team will be present in the room and once consent has been given they will put you to sleep.

The radiologist will carry out the procedure with the radiographer.

The procedure will start once you have been put to sleep. It is a plain CT scan to begin with; this is to locate the area that requires the ablation. Once this is done the procedure will be carried out and you will not feel anything.

The procedure is aseptic (clean) and performed like an operation. Once the procedure is complete you will be recovered in the recovery area in scanning by nursing staff. Once you are ready they will send you back to the ward.

You will be monitored on the ward until it is deemed you are safe to go home, usually the same day.

A dressing is used at the end of the procedure and needs to be kept clean and dry for 3 days. More specific instructions will be provided on the day.