

CAN WE MAKE YOUR VISIT EASIER?

... putting people at the heart of everything we do ...

We want to make your visit to Ashford and St. Peter's Hospitals easier. Some things we can provide quickly, others may take time to arrange.

Whatever your need – please ask for help.

We can provide interpreters for a variety of languages, information in larger print or Braille, plus audio and other formats.

If you require a translation please call: 01932 723553

Farsi اگر نیاز به ترجمه دارید، لطفاً با شماره 01932 723 553 تماس بگیرید.

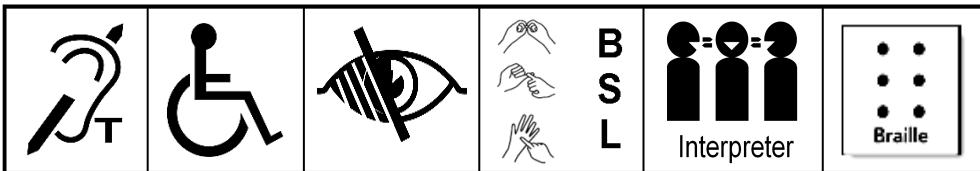
ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553 **Punjabi**

Urdu اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723 553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553 **Portuguese**

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553 **Hindi**

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553 Bengali



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Ashford and St. Peter's Hospitals 
NHS Trust

PULSED RADIO FREQUENCY TREATMENT

Pain Management Services

PATIENT INFORMATION

Having done this, if you remain concerned our Complaints Manager can be contacted on 01932 722612 or e-mail www.complaints@asph.nhs.uk

WHAT IS PULSED RADIO FREQUENCY?

Pulsed radio frequency is a minimally invasive procedure, in which a radio frequency electrical field is applied intermittently to the nerve which may be responsible for transmitting pain signals to the brain. It is applied in short intervals to keep the temperature low around the nerve. This does not destroy the nerve but 'stuns' the nerve which may result in giving good pain relief. In the majority of patients the pain relief can last for a few months or even longer. The procedure may be repeated if the pain returns.

WHAT IS THE AIM OF THE TREATMENT?

To relieve/reduce pain: this will help in turn to reduce spasm in the overlying muscles and will reduce stiffness, which will allow a break in the cycle of pain and ease mobilisation and rehabilitation.

HOW IS THE TREATMENT PERFORMED?

The patient is positioned on a padded x-ray table.

Painful areas are marked and observed under x-ray if necessary. The skin over the injection site is thoroughly cleaned and then numbed using a local anaesthetic.

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An electrode (a fine needle) is then inserted through the numbed skin near the nerve which may be involved in pain transmission. Some procedures will be done under x-ray guidance. The nerve is located by gentle stimulation and the patient may feel a tingling sensation, heaviness or warmth in the area where the pain is located. Then the pulsed radio frequency electrical field is applied intermittently, (which you may or may not feel). Immediately after the treatment the majority of patients feel an improvement or relief in their pain, but in some patients the relief may take a few weeks to take effect. Some patients may not feel any relief at all.

HOW LONG WILL IT TAKE?

The treatment can take up to an hour to allow time to find and treat the nerves. If you find this too long you should tell the doctor who can stop at any point. You will be allowed home after a short period of observation on the Day Unit, but should not drive yourself and must be accompanied by a responsible adult.

IS THE TREATMENT PAINFUL?

This treatment is not usually painful and is performed under local anaesthetic. The procedure is very well tolerated by the majority of patients. It may feel more painful for a week or two afterwards.

WHAT ARE THE POTENTIAL RISKS?

Although complications are extremely rare, patients need to be aware that they may feel bruised and numb. Bleeding, haematoma, infection, nerve or spinal cord injury, increased pain and allergic reaction may occur.

WHAT HAPPENS NEXT?

You should rest until the next day: then gradually introduce gentle stretching exercises at home. You will be given a follow up appointment to be seen in clinic for review after your treatment.

WEB SITE

The Pain Society provides a comprehensive web site which you may find useful at www.britishpainsociety.org

Additional details about the two hospitals, including information regarding the Department caring for you can be found by logging on to our website www.ashfordstpeters.nhs.uk or the National NHS website www.nhs.uk which includes an A to Z guide to health.

Our staff endeavour to provide an excellent service but we do recognise that there are times when you may have concerns. In the first instance please raise these with the Senior Nurse or Manager in charge when you are at the hospital. If they are unable to resolve your query satisfactorily please contact our Patient Advice and Liaison Service (PALS) on **01932 723553** or e-mail www.pals@asph.nhs.uk.