

# Radiofrequency Neurotomy Ablation

## Overview

Radiofrequency Neurotomy is a procedure to reduce back pain. Heat generated by radio waves are used to target specific nerves and temporarily interfere with their ability to transmit pain signals.

## The procedure

Radio waves are delivered to the targeted nerves via needles inserted through the skin above your spine. Imaging scans are used during radiofrequency neurotomy to help the doctor position the needles precisely.

This procedure works better in some people than others. Tests may be needed to determine if the nerves commonly targeted by radiofrequency neurotomy are the same nerves responsible for your pain. The goal is to temporarily reduce chronic pain in the back that has not been adequately relieved by other means, such as medications or physical therapy.

## The procedure may be recommended to treat the following:

- Back pain that occurs on one or both sides of your lower back.
  - ▶ Extends into the buttock region and thighs but not usually past the knee.
  - ▶ Worsens if you twist or lift something.
  - ▶ Improves when you are lying down.

## What to expect

Common side effects include:

- Temporary numbness.
- Pain at the procedure site.

