



## Pulsed Radiofrequency Denervation of the Genicular Nerves



### What is Pulsed Radiofrequency Denervation of the Genicular Nerves?

Pulsed radiofrequency denervation is a minimally invasive procedure that uses heat to reduce the pain signals coming from the genicular nerves, which are located around the knee. This procedure is used to manage knee pain caused by osteoarthritis, a degenerative joint disease that affects the cartilage in the knee.

### How is the Procedure Performed?

The procedure is performed under local anesthesia, and you will be awake during the procedure. Your doctor will use imaging guidance, such as an X-ray or ultrasound, to locate the genicular nerves. A small needle will be inserted into the area around the genicular nerves, and a small amount of energy will be delivered to the nerves using a radiofrequency generator. The energy creates heat, which causes a small lesion in the nerve tissue, reducing the pain signals coming from the knee.

### What are the Risks of the Procedure?

As with any medical procedure, there are some risks associated with pulsed radiofrequency denervation. These risks include bleeding, infection, nerve damage, and pain at the site of the needle insertion. Your doctor will discuss the risks with you before the procedure, and will take steps to minimize them.



## What to Expect After the Procedure?

After the procedure, you will be able to go home the same day. You may experience some soreness or swelling at the site of the needle insertion, but this should improve within a few days. Pain relief from the procedure may take several days to several weeks to take effect. Your doctor will schedule follow-up appointments to assess your progress and discuss any further treatment options.

## How to Care for Yourself after the Procedure

- Avoid strenuous activities for a few days after the procedure
- Use ice packs to reduce swelling and pain
- Take over-the-counter pain medication as directed by your doctor
- Keep the incision site clean and dry
- Follow your doctor's instructions on when to return to your normal activities

It's important to note that this procedure may not completely eliminate your knee pain, but it can help to decrease the pain and improve your ability to function. Your doctor will discuss the expected outcome of the procedure with you before it is performed.

Please contact your doctor if you experience any unusual symptoms or if your pain becomes worse after the procedure.

This handout is intended as general information and is not intended to replace the advice of your doctor. Please follow your doctor's instructions and always ask any questions you may have about the procedure and its risks and benefits.