

Radiofrequency Therapy

for treating chronic foot pain

There is no specific pre-therapy activities that a patient must take. Your physician may request that you apply ice packs a day or two before treatment to reduce the inflammation in the area to be treated.

What happens before RF Therapy?

You will be monitored after the RF Therapy. When you are ready to leave, the clinic will give you discharge instructions. Since only the local area has been numbed, you should be able to walk out of the clinic on your own. Take it easy for the rest of the day.

What happens after RF Therapy?

You may also be given a pain diary. It is important to fill this out because it helps your doctor know how the RF Therapy is working.

You may feel sore for one to four days. This is normal. It may be due to muscle and nerve irritation as well as because of the procedure. Your foot may feel weak, numb or itchy for a couple of weeks. Full pain relief normally comes in four to six weeks.

If you received RF Therapy for interdigital neuritis (pain at the toes), then the two toes that had been painful before the procedure may be numb post-therapy. This numbness may or may not be permanent.

Nerves regenerate after RF Therapy, but how long this takes varies. Your pain may or may not return when the nerves regenerate. If it does, another RF Therapy can be done.

How long can I expect pain relief?

References

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This pamphlet is for general educational purposes only. Specific questions or concerns should always be directed to your doctor, who can explain possible risks or side effects.

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