



Sacro-Iliac Rhizolysis or Radio frequency Lesioning (RFL)

Information for patients



**New Hall
Hospital**

Part of Ramsay Health Care

What is a **Sacro-Iliac Rhizolysis/RFL?**

If you have had a change in your sacro-iliac joint (SIJ) symptoms following a diagnostic injection called a sacro-iliac block, this confirms that the SIJ is at least in part, responsible for your symptoms. During sacro-iliac rhizolysis, a special needle is attached to a radio frequency machine. The tip of the needle is applied to your nerves that supply the sacro-iliac joint. The Consultant checks that the needle is in the correct place by placing a current through the tip of the needle. You may feel a tingling sensation. Sometimes the muscles supplied by the nerves twitch if the needle is in the right spot. The Consultant then heats the tip of the needle using the radio frequency waves, which deliberately damages (denervates) your nerves so that they can no longer send pain messages from the joint. Usually several nerves along the sacrum that supply the joint, are treated in one sitting (see blue dots on diagram). The procedure is usually done on one side, depending on your symptoms. This technique is called Rhizolysis or Radiofrequency Lesioning (RFL). It can also be called Frequency Nerve Ablation or Denervation.



Why do I need this procedure?

Sacroiliac Joint Rhizolysis/RFL

- By damaging the nerve that carries the pain signal from your sacroiliac joint, using a needle heated by radio frequency waves, we aim to stop your buttock and leg pain.
- Giving you a window of pain relief from your buttock or leg pain, enables you to gradually return to increased levels of activity and exercise.

Consent

Your Spinal specialist will explain the risks and benefits to the procedure. These are also outlined in this leaflet. You will be asked to sign a Consent Form prior to the injection. If you have any questions, then please feel free to ask any member of the Spinal Team. There is also a patient information leaflet on consent, that you can read for more information - please ask if you would like a copy.

What are the risks?

Common

- Pain and bruising at the injection site. This will improve after a few days and not everyone experiences it.
- Discomfort and a local buzzing sensation during the procedure.
- A temporary worsening of buttock pain while the structures recover.
- Feeling faint as you may have a temporary reduction in blood pressure.

Rare

- Allergic reaction to the local anaesthetic, antiseptic or plasters used. If you have any known allergies, then please advise your spinal medical team prior to the procedure.
- Infection at the needle site.

What are **the benefits?**

- By reducing your pain, you may then be able to engage with other beneficial activities such as exercise or Physiotherapy.
- Your day to day function, sleep and ability to return to normal activities, may improve as pain reduces.
- You may be able to reduce your current pain medication, if your symptoms improve.

How do I **prepare?**

Please advise us if any of the following apply:

- You have tested positive for MRSA.
- You are feeling unwell or have a temperature.
- You have been admitted to hospital since being placed on the waiting list for the injection.
- There is any possibility you might be pregnant. The procedure is done using an X-Ray.
- If you have a blood clotting disorder.

If you are taking any medication that thins your blood such as:

- Aspirin or Warfarin
- Injections such as Warfarin, Heparin, Dalteparin or Enoxaparin
- Anti-Platelet drugs such as Clopidogrel, Rivaroxaban, Apixaban, Dabigatran, Edoxaban, Ticagrelor, Dipyridamole

If you are not sure about your medication you can check it using the British National Formulary website: bnf.nice.org.uk

Please ensure that a responsible adult accompanies you to the hospital and is able to drive you home afterward. This is because you will be unsafe to drive after the procedure, due to the potential numbing effect of the local anaesthetic on your leg. We do not recommend that you use public transport. By the following day the numbness should have worn off.

What happens **during the procedure?**

You will be sent an appointment to come to the hospital to have your injection. Expect to be in the hospital for 3-4 hours, although often you may be able to go home more quickly than this. You will be asked to change into a hospital gown. Your sacral area will be cleaned with antiseptic solution. The injections are done under X-Ray guidance. Local anaesthetic will be injected to numb the skin which can sting. A fine needle is then introduced alongside your sacro-iliac joint to the nerve to be blocked and more anaesthetic will be introduced around it.

The needle is attached to the radio frequency machine via an electric cable. The Consultant will check that the needle is in the right place, by sending a small electrical signal down the needle. You may feel some local buzzing or tingling. The muscle in your buttock that is supplied by the nerve may also twitch. This is often a good indicator that the needle is in the right place. The tip of the needle is then heated using the radio frequency waves. This deliberately damages your nerve to stop it carrying a pain signal. The same procedure is done to several levels alongside your sacro-iliac joint, usually in the same place as you had your medial branch block procedure. This is usually done on one side, depending on your symptoms. The whole procedure takes on average 20-40 minutes, depending on how many areas you have treated.

What happens **after the procedure?**

You will be transferred to a recovery area. When you feel sufficiently well enough and staff are satisfied with your vital signs, you will be discharged. The person accompanying you can then drive you home. Make a note of any changes in your buttock or leg pain, for the first 6 hours after the Rhizolysis. You may choose to use the pain diary at the end of this leaflet to record the change in pain levels as they occur.

It's common for the pain in your buttock to be temporarily worse after Rhizolysis/RFL. This can last for several days, but sometimes several weeks as the structures recover. We therefore recommend that you continue with your usual pain relief medications. The following day you can gradually and gently return to normal day to day activities. We would advise you to avoid strenuous activity for 48 hours after the procedure.

Will I have a **follow up appointment?**

A follow up appointment is not usually required after this procedure. If successful, you can get pain relief from anywhere between weeks and years. The nerves that have been damaged, will try to regenerate and can grow back and re-establish a connection again with the sacroiliac joint. It is really important, therefore, to use any window of pain relief that this procedure provides to pace a gentle return to regular exercise. It is the ongoing exercise that helps you manage pain and strengthens your muscles. People who are active and regularly exercise get less episodes of sacroiliac pain. They are generally able to cope better with these episodes and the pain tends to settle more quickly. Rhizolysis/RFL does not work for everyone. If you do not respond at all, then there may be other pain mechanisms at work driving your symptoms. This short and clear video helps to explain why you can have ongoing pain symptoms, despite treatment. Tame The Beast: <https://www.youtube.com/watch?v=ikUzvSph7Z4>

A referral to Pain Clinic may be useful if this procedure does not help at all. If you get a temporary response, but symptoms return, then there are sometimes surgical options for persistent sacroiliac pain. You will be left on an open appointment for 1 year after rhizolysis, so can contact your spinal specialist if required.

Who do I contact **if I have concerns?**

If you are worried about any symptoms after your injection you can contact the nursing team.

Remember it is common to experience temporary increase in symptoms in the buttock and leg after the injection and you should manage this by taking pain relief as prescribed by your GP and adjusting your activities.

Contact us if:

- Your injection site shows signs of infection, such as discharge or redness/swelling or if you have a fever or feel unwell.
- You experience unremitting severe pain, or new pain, weakness or altered sensation in a different place or limb from your symptoms prior to the injection.

If you are unable to reach the team or you have an urgent query outside of the hours the nurses are available, contact your GP or local Out of Hours Service.

Useful Contact Numbers:

For Medical Enquiries Call:

New Hall Hospital Switchboard: 01722 422 333 **and speak to the operator** then ask to be directed to: The Outpatient Department.

To book a Follow Up Appointment Call:

New Hall Hospital Switchboard: 01722 422 333 **and speak to the operator:**

NHS Patients: Ask to be directed to Spinal Secretaries

Private Patients: Ask to be directed to your Consultants Private Secretary

Pain Diary:

Pain score: 0 is no pain, 10 is very severe pain.



	Buttock Pain	Leg Pain
Prior to injection		
First 6 hours after injection		
24 hours after injection		
Two weeks after injection		
One month after injection		
Two months after injection		

References and useful links:

- <https://ramsayhealth.co.uk/hospitals/new-hall-hospital/treatments/spinal-services>, click on the services button for more information
- <https://tamethebeast.org>
- British National Formulary. <https://bnf.nice.org.uk/treatment-summary/oral-anticoagulants.html>