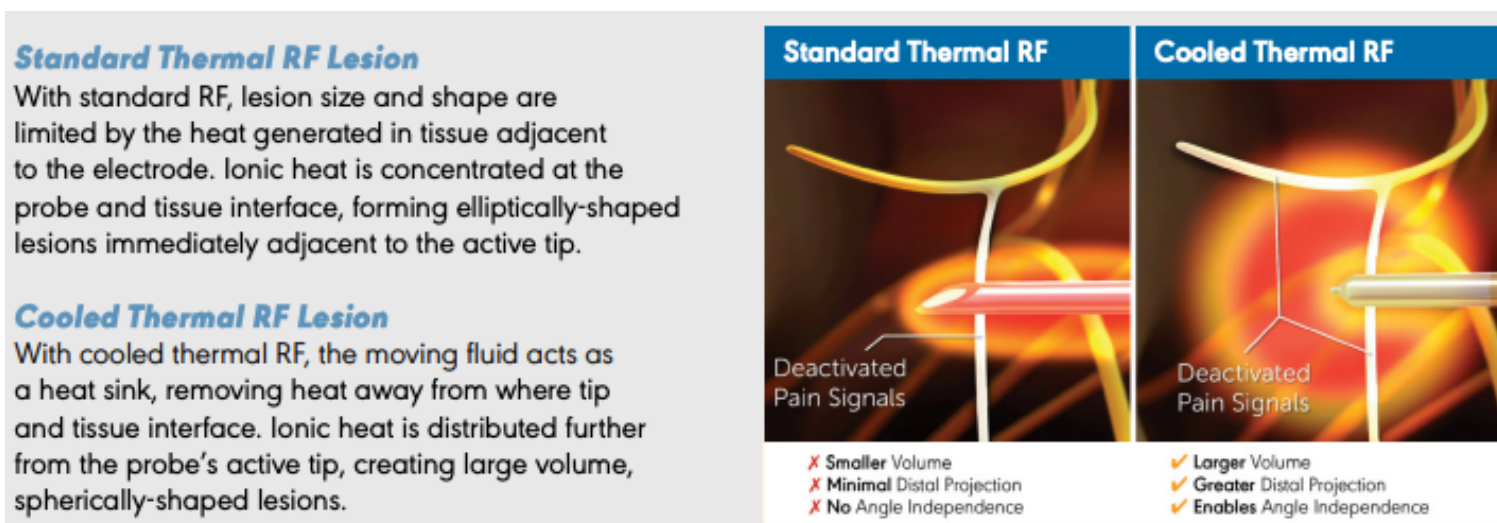


RADIO-FREQUENCY ABLATION

1. There are 2 types of Radio-Frequency Ablation (RFA)

- a) **Standard**, which uses a regular probe
 - Offered in some hospitals and some private clinic
 - Primarily used for Tumors, Nodules, Growths, Back & Neck Pain
- b) **Cooled** (COOLIEF®), which uses sterile cooling fluid within the probe
 - Currently offered in private clinics only
 - Primarily used for Knee Arthritis, Back & Neck Pain
- c) Research has shown that Cooled RFA produces a larger treatment lesion and potentially has better clinical outcomes compared to standard RFA.
- d) RFA is currently not considered standard of care practice for knee arthritis management, and would be classified as an elective non-medically necessary treatment.



2. What is the cost of Cooled RFA?

- a) Costs will vary from clinic-to-clinic and we encourage patients to shop around
- b) Hospitals may offer **no-charge standard RFA** for certain conditions
- c) To the best of our knowledge, COOLIEF is only available in private clinics

3. Are there any other costs associated with the procedure?

- a) Sometimes patients require mild sedation during the procedure, and our private clinic offers PENTHROX™ (DIN: 02474727), which is an inhaled

anaesthetic that can decrease your pain and anxiety during the procedure. Covered under most drug plans, and patients can either get it from their pharmacy or from our clinic.

4. Can I get both knees done at the same time?

- a) Yes

5. How do I book an appointment?

- a) Dr. Rabinovich is an Orthopaedic Surgeon, and in order to get a consult you will require a Physician to send us a referral.

6. How long is the wait-time to see Dr. Rabinovich?

- a) Average wait-time is 2 to 3 months.

7. How long until I can have the Cooled RFA procedure?

- a) Average wait-time is 2 to 3 months after you consult with Dr. Rabinovich. We have a waiting list for the procedure.

8. How do I know if I am a candidate for the Cooled RFA procedure?

- a) All patients who want to receive this procedure will require a “**Diagnostic Injection**” to determine if they are candidates. A diagnostic injection is done in the clinic, and involves an ultrasound guided injection of the target nerves around the knee with an anti-inflammatory medication. There is a small associated cost for the diagnostic injection which is the price of the anti-inflammatory medication.
- b) If the diagnostic injection provides a significant amount of pain relief for the patient, it is possible that the Cooled RFA procedure will do the same or better. The patient will then have the option of booking the Cooled RFA procedure.

9. How long are the procedures?

- a) Diagnostic injection can be done during the initial consult visit and takes about 10-15 minutes.
- b) The Cooled RFA procedure takes about 30-60 minutes from start to finish.

10. What is involved in the recovery after a Cooled RFA?

- a) After a Cooled RFA, the patient is encouraged to Rest, Compress, Elevate and Ice the knee. In addition, regular use of Tylenol and NSAID is advisable.
- b) The knee will be sore for 1-5 days.

- c) Range of motion activities is recommended; however, we do not recommend sports or strenuous exercises.

11. Are there any restrictions for getting Cooled RFA?

- a) You must be an adult over the age of 18 who is capable of informed consent
- b) No implanted pacemaker, defibrillator, nerve stimulator, or other electronic devices in the body

12. What are the potential risks & complications of Cooled RFA?

- a) Like all procedures there are potential risks and complications
 - Bleeding and bruising
 - Pain during and after procedure
 - Skin burn
 - Infection
 - Swelling
 - DVT
 - Nerve injury
 - No relief from procedure and recurrence of pain

13. I had a Total Knee Replacement and I still have pain. Am I a candidate for Cooled RFA?

- a) Yes, in most patients who had a Total Knee Replacement and continue to have pain, the Cooled RFA procedure can have a significant improvement in pain.
- b) Dr. Rabinovich will review each patient on a case-by-case basis.

14. Can Cooled RFA be done to other joints? Other conditions?

- a) Yes. Research is showing promise of Cooled RFA for arthritis in the Shoulders, Hips, Backs and Feet. At this time, we are only doing Knee procedures.
- b) Also, growing research is showing promising results for RFA in the treatment of Tennis Elbow, Shoulder Tendinitis, Achilles Tendinitis, etc.