

# Track Your Chronic Pain Treatment and Symptoms.

Designed especially for people living with chronic pain, the PainScale app is a powerful tool that helps you to:

Track key measures like pain levels, activities, treatments, medications, symptoms, and more.

Learn about treatment options, exercises, and other tips that may help improve your quality of life.

Connect and share your progress with care providers to help tailor a treatment plan that's right for you.



Learn more about RFA and download the PainScale app at [ControlYourPain.com/RFA](https://ControlYourPain.com/RFA)



**If you've been suffering with chronic pain, relief may be in sight**—without the need for surgery. Radiofrequency ablation (RFA) is a well-established, drug-free treatment that has been clinically proven to provide safe, effective, lasting relief from chronic pain.<sup>1,2,3,4</sup> More than 70% of patients treated with RFA experience relief lasting anywhere from six to twelve months—and in some cases, years.<sup>3,4,5</sup>

Learn more about RFA and download the PainScale app at [ControlYourPain.com/RFA](https://ControlYourPain.com/RFA).

**References:** 1. Lord SM, et al. Percutaneous radiofrequency for chronic cervical zygapophyseal joint pain. *The New England Journal of Medicine* 1996; 335(23): 1721-1726. 2. MacVicar J, et al. Cervical Medial Branch Radiofrequency Neurotomy in New Zealand. *Pain Medicine* 2012; 647-654. 3. Dreyfuss P, et al. Efficacy and Validity of Radiofrequency Neurotomy for Chronic Lumbar Zygapophysial Joint Pain. *Spine* 2000. 4. Gofeld M, et al. Radiofrequency Denervation of the Lumbar Zygapophysial Joints—Targeting the Best Practice Authors. *Pain Physician* 2007; 10:291-299. 5. Govind J, et al. Radiofrequency neurotomy for the treatment of third occipital headache. *Journal of Neurology, Neurosurgery, Psychiatry* 2003; 88-93.

The Cosman Radiofrequency Generators, associated Radiofrequency Lesion Probes, and RF Cannula are indicated for use in procedures to create radiofrequency lesions for the treatment of pain or for lesioning nerve tissue for functional neurosurgical procedures. The Cosman RF Injection Electrodes are used for percutaneous nerve blocks with local anesthetic solution for radiofrequency lesioning of peripheral nerve tissue only. **Warnings:** For a patient with a cardiac pacemaker, contact the pacemaker company to determine whether the pacemaker needs to be converted to fixed-rate pacing during the radiofrequency procedure. Refer to the Instructions for Use provided with Cosman generators, electrodes, and cannulas for potential adverse effects, additional warnings, and precautions prior to using these products. **Caution:** U.S. Federal law restricts this device to sale by or on the order of a physician.

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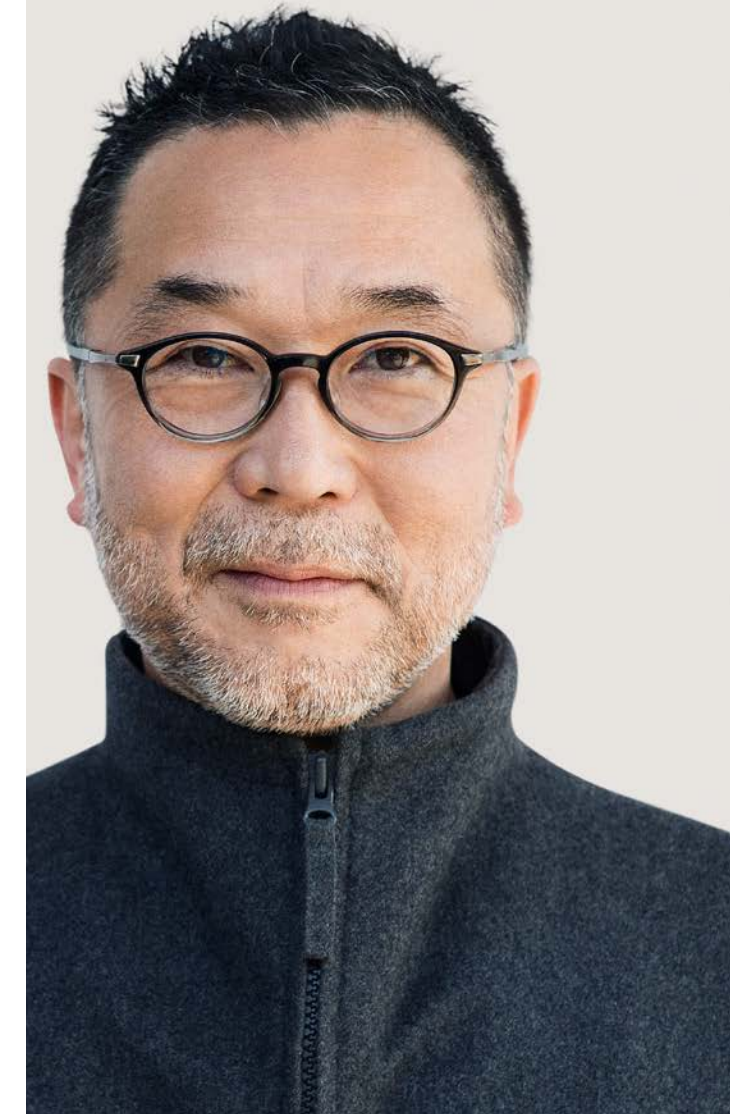
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NM-496406-AA

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## Radiofrequency Ablation FOR CHRONIC PAIN

Lasting relief from chronic pain—without surgery or drugs



# What is Radiofrequency Ablation?

RFA is a minimally invasive, non-surgical, outpatient procedure that targets the nerve or nerves causing your pain and uses thermal energy to **interrupt the pain signals** at their source. It can be used to treat pain (often arthritic joint pain) in different parts of the body—back, hips, knees, shoulders, feet, and neck.

With a quick, simple procedure, RFA can provide months—sometimes even years—of pain relief. It tends to be well-tolerated and has few associated complications. The procedure can be repeated if the pain returns when the nerves regenerate.

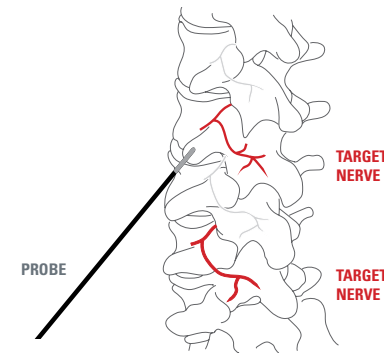


## WHAT HAPPENS DURING THE PROCEDURE?

Your doctor performs this short procedure in a treatment room setting. Local anesthesia and a mild sedative may be used to reduce discomfort during the procedure.

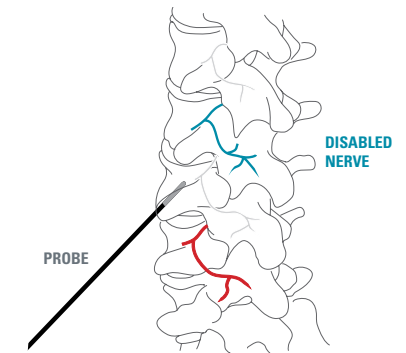
### 1 Targeting the Nerve

X-ray or ultrasound imaging helps guide a special probe to the target nerve. Electrodes stimulate nerves near the areas to help determine the optimal treatment locations.



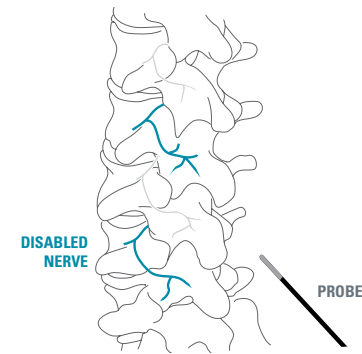
### 2 Disabling the Nerve

The electrodes then send a small RF current into the surrounding tissue, causing the tissue to heat and disabling the nerve to stop it from sending pain signals.



### 3 Repeat for Multiple Pain Areas

Generally, one to four nerves are targeted in one procedure to maximize pain relief.



### 4 Recovery Time

After the procedure, you may experience a few days of discomfort around the procedure site(s). Doctors generally advise not to engage in any strenuous activity for at least 24 hours after treatment, but your doctor will give you complete post-procedure instructions. Over the next few weeks, your pain should subside, allowing you to return to the activities you enjoyed before the onset of your chronic pain.