

Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.



4801 Your Address Blvd., Suite 280
Los Angeles, CA 90010

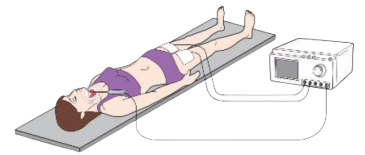
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.

Ultrasound-Guided Radiofrequency Ablation (RFA) of Thyroid Nodules

Frequently Asked Questions

How will the procedure be performed?

Before the Thyroid RF ablation, the patient is placed in the supine position with a mild neck extension (Fig 1). Two grounding pads are firmly attached to both thighs to prevent skin burn (Shaving of hair on the thighs may be necessary to properly place the grounding pads).



How long will the treatment take?

The procedure itself takes less than 30-60 minutes depending on the number or volume of a nodule(s). Additional time, 60-120 minutes, is needed for preprocedural care and postprocedural monitoring.

Can I take anything to help me stay relaxed during the procedure?

We are happy to offer you Valium 5 mg which should be taken 45-60 minute PRIOR to the procedure. Once you take Valium, you cannot drive a car so you should plan to have someone drive you to and from the procedure.

When do I have to stop eating and drinking?

Ingested Material	Minimum Fasting Period (Hr)
Clear Liquids	2
Light Meal	6
Regular Meal	8

Will I need any change in my routine medications?

We will review the list of your medications and give instructions or recommendations. In most cases, your medications will not affect our procedure except blood thinners. If you are on aspirin, we recommend you stop it 1 week prior to the procedure. If you are on other blood thinners, please talk to your doctor to get more specific instructions.

Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.



YOUR LOGO
Endocrine clinic

4801 Your Address Blvd., Suite 280
Los Angeles, CA 90010

Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.
Dr. Your, Physician M.D.

Is there any precaution for the procedure?

Please advise your physician if you have a pacemaker, any implants, are pregnant, or on any medication (especially for blood thinning). Please don't wear makeup, lipstick, or any metal jewelry on the day of the procedure. Shaving of hair on the thighs may be necessary to properly place the grounding pads.

Will my job or lifestyle be affected?

You can return to your regular daily activities immediately. You can walk and drive if no IV sedatives are given.

Will I need any medication—antibiotics or pain medication?

It is not needed unless there exists pain or signs of infection.
Should I take my home medication on the day of my operation?
You can take them after the procedure without delay.

What can I do to help with my recovery?

Just relax and keep your regular daily activities as much as you can tolerate. In general, thyroid ablation will not affect much of your energy or strength. If you feel any abrupt or acute change, it should be notified to your physician without delay for appropriate evaluation and management.

Do I need a follow-up visit and if so, when?

US scan and thyroid function tests are needed to monitor the volume reduction and functional change at 6 weeks, 6 months, and 12 months.