

## Useful Information about Your RelēF™ Treatment

### What Is RelēF?

RelēF is a new, FDA cleared, non-invasive treatment for musculoskeletal conditions including tendinopathies, and pain associated with common problems such as tennis and golfers elbow. RelēF utilizes a form of electromagnetic energy (radiofrequency) to heat targeted tissues stimulating a needed healing response from the body, while cooling the skin surface to reduce discomfort and risk. The treatment is administered by a trained medical provider in the office or at an ambulatory surgical center.

Your doctor may recommend RelēF as a first line of treatment, or if you have tried non-operative treatments without success. RelēF may be a reasonable alternative before having to decide on an invasive procedure. The benefits of RelēF may include symptomatic pain relief and improved function. The risks include temporary skin changes including the potential for small blisters and/or burn.

### What to expect?

During the treatment you can expect a strong but tolerable heat sensation below the skin. The doctor will work with you to make sure that you receive the best from the treatment with minimal discomfort. Individual results vary based on your physical characteristics, genetics, and lifestyle. As with other medical treatments, there is no guarantee that this treatment will prove effective for you.

### Before You Arrive

- Notify your doctor if you have a heart pacemaker, defibrillator or other implanted electrical devices as this may be a contraindication for the treatment
- Don't use oral or topical anti-inflammatory medications for at least two weeks before the day of your procedure, their use may defeat the objective of the treatment
- Avoid applying ice over the affected area the day of treatment

### The Procedure

A temporary removable ink grid will first be applied to the skin above the area to be treated to guide the doctor during the treatment. Next, an adhesive "return pad" will be applied across from the area to be treated. Then, the doctor will work with you to calibrate the system to your heat sensation. The objective is to deliver as much heat as possible without hurting you. The treatment then commences, encompassing approximately 100 pulses, each lasting only a few seconds. Each pulse may feel like getting a snap from a small rubber-band. It is possible and recommended to have the doctor adjust the treatment level (heat sensation) as the treatment progresses to ensure the optimum level for you.

### After the Treatment

The temporary ink grid and return pad will be removed, and you will be free to leave. You will be asked to:

- Avoid anti-inflammatory medications and do not put ice over the treated area for the next three weeks. Analgesics such as acetaminophen are OK to use.
- Avoid engaging in heavy lifting, pushing or pulling for at least 3 weeks
- Wait at least six weeks before returning to the sports or any activities that involve the area treated, and then limit your activities to those that do not increase pain. If there is pain, stop the activity and allow the healing to continue.

For additional information including a patient brochure visit [www.alphaorthopaedics.com](http://www.alphaorthopaedics.com)