

Advice following kidney radiofrequency ablation (RFA)

This leaflet explains your care following kidney tumour RFA. If you have any other queries please contact the Radiology Department, Royal Berkshire Hospital.

Introduction

The Radiology Team looking after you should have already explained the details of your treatment and what was done. Normally the kidney tumour is treated by inserting a needle into the tumour through the skin under CT scan or ultrasound guidance and heating the needle tip to a high temperature to destroy the tumour cells. Please ask if you are unsure or would like more information about the procedure itself.

The time you have spent in hospital after the procedure is to ensure you are safe to go home.

When you are at home:

- Very few people have any problems related to the procedure but you will require another responsible adult to be with you for 24 hours to be safe.
- You may have local pain and discomfort at the treatment site for the next few days which can be managed with painkillers such as paracetamol and ibuprofen if you are allowed to take these.
- Mild bruising at the puncture site is called haematoma and is quite normal. Keep the area clean to avoid infection. If there is a dressing over the puncture site keep this dry for 24 hours before removing it. If it continues to weep put another plaster on for a further 24 hours.
- Your urine may be blood stained over the next couple of days. This will settle.
- Following the procedure please rest. It is normal to feel tired and a full recovery can take one or two weeks. Wait at least 48 hours before driving or doing more strenuous exercise. You may need longer.
- Your follow-up will be explained to you on discharge. Patients will normally have an initial follow-up CT scan 3 months after the procedure.

- If you are concerned at any time that there is a problem, please contact the Radiology Department for advice in hours (Monday to Friday 8.30am to 5pm). If your symptoms are severe or it is out of hours, you should go to the nearest Accident & Emergency Department.

If you have any questions after reading this leaflet please ask the team looking after you.

Contact us

Interventional Radiology Nurses station:

Level 1 X-Ray, Royal Berkshire NHS Foundation Trust

Tel 0118 322 8368 (Monday to Friday 8.30am to 5pm)

For more information about the Trust, visit the website www.royalberkshire.nhs.uk

Royal Berkshire NHS Foundation Trust

London Road

Reading RG1 5AN

0118 322 5111 (switchboard)

This document can be made available in other languages and formats upon request.

Written by: Farhan Ahmad

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