

# GNB and Coolief Procedures

Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Acct# \_\_\_\_\_

These two procedures are used in tandem, usually prior to knee replacement surgeries, to decrease the “after surgery” pain while decreasing recovery time. We do not anticipate that you will be PAINFREE either prior to nor after surgery. What is expected is a significant decrease in discomfort for 6-12 months after surgery, which should easily carry you through the entire recovery and rehabilitation process.

## WHAT IS A GNB (GENICULAR NERVE TEST BLOCK)

The GNB is the TEST portion of the procedure. This is done in the office by a provider (Nurse Practitioner or Physician Assistant). The point of this test is to see if your nerve anatomy is as expected. Four needles will be placed, using fluoroscopy, where the sensory nerves to the knee are expected to be. Then, a tiny amount of local numbing agent is placed into each of these locations. Once complete you will be asked to stand, walk, squat or any other activity that normally reproduces your knee pain to see if there is any improvement. If you have 80% or more improvement from this TEST, you are a candidate for the Coolief Procedure.

### IMPORTANT NOTES ABOUT THE GNB:

- We ask that you have a PAINFUL knee prior to coming to the office that day; this is the only way to test if those nerves are where expected. Do whatever you have to do to make the knee sore prior to coming in for the procedure (skip pain meds that day as well).
- This test usually takes 30 minutes and you will be able to drive and do normal activities following this procedure.
- The results/pain relief usually only work for 20-30 minutes, however, some people have reported hours or days of pain relief. The duration of relief does not change the result of the test. ANY pain relief greater than 80% in the knee for ANY duration of time is a positive result. Again, this is only a TEST to see if you are eligible for the Coolief, not a treatment.
- Only once we have a positive result, can the Coolief and knee replacement surgery be scheduled

## WHAT IS A COOLIEF (Radiofrequency Ablation)

The Coolief is the procedure part of the process that is more durable. This is again done in the office with a provider. It generally takes 60 minutes per knee to complete. You will need a driver both to and from this visit due to medication you will be prescribed and will pick-up and take prior to the procedure. The reason for performing the Coolief is to decrease the POST-OPERATIVE pain and length of recovery. Due to decreased amounts of pain, most patients take greatly reduced narcotics/pain relievers post-operatively. Also, because of the reduced pain, more time and effort is able to be placed on rehab and physical therapy, leading to a quicker return to normal activity.

### IMPORTANT NOTES ABOUT THE COOLIEF

- Two medications will be called into your pharmacy a day or two prior to your scheduled Coolief appointment. (1) Antibiotics – taken: 2 pills prior to and 2 pills following the Coolief and (2) Ativan (for relaxation) taken: 1 pill 2 hours prior to procedure, 1 pill 1 hour prior, 1 pill once you arrive at our office and 1 pill if needed during the procedure. This medication is the reason you will need a driver both to and from the office.
- You will NOT experience immediate pain relief – this is why we wait several weeks between your Coolief and surgery date. Most likely you will not receive any pain relief until after the surgery as the nerves that are targeted are those that are deep within the knee. However, like anything, there is no guarantee of results.
- Once complete you will be asked to take it easy for a few days as the procedure begins to take effect.

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Patient Initials

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MA initials

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Date