

# Percutaneous transluminal renal sympathetic denervation for resistant hypertension

Information for the public

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[www.nice.org.uk](http://www.nice.org.uk)

There is not enough evidence about how well this procedure works or how safe it is in the long term. So it can only be done with special arrangements. This means you will have regular appointments afterwards to check how well it is working or if it has caused problems.

High blood pressure (hypertension) can be caused by overactivity of a type of nerve (sympathetic) that helps the kidneys (renal) control blood pressure. Sometimes medicines to treat it do not work well enough (resistant). In this procedure, using a local anaesthetic, sedation and anticoagulation, a device is inserted through the skin (percutaneous) into an artery in the thigh and then into the renal arteries (transluminal). It sends radio or sound waves to destroy the nerves in the renal arteries (sympathetic denervation). The aim is to lower blood pressure.

The [NHS website](https://www.nhs.uk) may have information on your condition and treatment options.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what special arrangements are.

These organisations can give you advice and support:

- [Blood Pressure UK](#), 020 7882 6218
- [British Heart Foundation](#), 0300 330 3311
- [Stroke Association](#), 0303 3033 100

You can also get support from your local [Healthwatch](#).

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