Pain Service

Discharge advice and information

For the next 24 hours you are advised:

- Not to drive your car.
- If you have had sedation you are advised to not operate machinery, drink alcohol or sign legally binding documents.
- To take all your tablets as normal.
- To eat and drink normally.
- To be prepared to take the next day off work depending on how you feel.

What to expect after your procedure:

You may find that your pain gets a little worse after the procedure but this should begin to settle in a week or so.

You should continue to take your normal pain relieving medication. If you are not currently taking anything for pain relief you could take simple pain relieving tablets.

It is normal to have some bruising and experience some tenderness around the injection site for a few days.

You should receive a telephone appointment for a nurse to call you about four weeks after your treatment. The nurse will ask you if your pain has been reduced or relieved since the procedure. The nurse will need to know how much your pain has been reduced, for example:

100% ----------75%----------50%----------25%----------0%
Pain has gone Pain not changed

The nurse will need to know how long the pain relief lasted, for example:

Pain relief received ------12 hours------three days------two weeks------four weeks
Pain relief Pain relief Pain relief Pain relief continues

The nurse will also ask if your stiffness or mobility has improved since the procedure.

The nurse will review the outcome of the treatment with your consultant and, using this information, a plan can be made for what happens next in regard to any future injection treatments for you.

If you experience unusual symptoms such as a marked increase in pain around the injection site, fever, severe headache, new symptoms of pins and needles, new muscle weakness in your arms and legs, or you are very concerned about how you feel after the procedure, please contact the Pain Clinic on **01223 217796** between 08.30 and 16.30.

We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:

If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Document history

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