

The Kent Centre for Pain Medicine and Neuromodulation

Discharge advice and information following your pain procedure

Information for patients

For the next 24 hours you should:

- eat and drink normally
- take all your medication as prescribed
- not drive (unless your consultant has told you differently)
- be prepared to take the next day off work, depending on how you feel.

If you have had sedation you should:

- not operate machinery, drink alcohol, or sign legally binding documents
- arrange for a responsible adult to be with you, or arrange that you can contact someone who lives close by, if needed.

What should I expect after my procedure?

- It may take two to three weeks for you to feel any benefit.
- You may find that your pain gets a little worse, but this should begin to reduce in a week or so.
- You should continue to take your prescribed pain relieving medication. If you are not currently taking anything for pain relief you could take pain relieving tablets such as paracetamol.
- It is normal to have some bruising and tenderness around the injection site for a few days.



Will I need a follow-up appointment?

We do not routinely follow everyone up after a procedure. However, if your consultant considers you need a follow-up telephone call, a telephone appointment will be made for a nurse to call you approximately six to eight weeks after your procedure. You will be told by letter of the date and time for the appointment after your procedure.

The nurse will need to know how much your pain has been reduced, for example:

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

The nurse will also need to know how long any pain relief from this procedure lasted, for example:

- no pain relief
- 12 hours of pain relief
- three days of pain relief
- two weeks of pain relief
- four weeks of pain relief
- pain relief continues.

The nurse will ask if your stiffness or mobility has improved, and if your medication use has changed in any way.

During your telephone appointment, the nurse will review the outcome of your procedure and discuss a plan for what happens next in regard to any future treatment.

Post Injection Pain Diary

Below is a **Pain Diary** that you may find helpful to complete in the time following your procedure. If you are sent an appointment for a follow-up telephone call it will help you in answering the nurse's questions.

Date: _____ Procedure: _____

Completion of this pain diary will help the pain team to assess how effective this injection was.

*Pain	Bed Time	1st Day	2nd Day	3rd Day	4th Day	5th Day	6th Day	7th Day	8th Day	9th Day	10th Day	11th Day	12th Day	13th Day	14th Day
100															
90															
80															
70															
60															
50															
40															
30															
20															
10															
0															

* Pain score - 0 = Pain not changed 100 = Pain has gone

Comments:

What if I have any concerns or problems when I return home?

If you have unusual symptoms such as 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 your procedure, please contact the Pain Clinic on 01843 23 44 56 Monday to Friday, between 9am and 4pm. Outside of these hours, or for any other queries, you should contact Day Surgery.

Kent Centre for Pain Medicine and Neuromodulation

Contact details (direct line)

- Kent and Canterbury Hospital, Canterbury Telephone: 01227 78 30 49
- Queen Elizabeth the Queen Mother Hospital, Margate Telephone: 01843 23 50 94
- William Harvey Hospital, Ashford Telephone: 01233 61 66 91

Day Surgery

Contact details (direct line)

- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 78 31 15 (24 hours a day, 7 days a week)
- Queen Elizabeth the Queen Mother Hospital, Margate
Telephone: 01843 23 44 99 (8am to 8pm weekdays)
Telephone: 07887 65 11 62 (8pm to 8am weekdays; 24 hours weekends and Bank Holidays)
- William Harvey Hospital, Ashford
Telephone: 01233 61 62 63 (24 hours a day, 7 days a week)

Useful information

For further information on chronic pain and its treatment options please go to the East Kent Hospitals Chronic Pain web page www.ekhufft.nhs.uk/chronic-pain-leaflets

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhufft.nhs.uk/patientinformation