



Discharge advice and information following your pain procedure: The Kent Centre for Pain Medicine and Neuromodulation

Information for patients

For the first 24 hours

- Eat and drink normally.
- Take all your medication as prescribed.
- Do 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 (for the first 24 hours)

- Do 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 nearby, 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 your pain, 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 routinely follow everyone up after a procedure. A telephone appointment will be made for a nurse to call you. You will be sent a letter after your procedure, with the date and time for this appointment.

At this appointment, you will need to tell the nurse how much your pain has reduced:

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. They will discuss a plan for what happens concerning 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. It will help you when 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

Post Injection Pain Diary

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

Please contact the Day Surgery Unit, Monday to Friday between 8am and 8pm if you have unusual symptoms within the **first 72 hours after your procedure**. These symptoms may include:

- fever
- bad headache
- new pins and needles, or
- new arm or leg weakness.

You can also contact the Day Surgery Unit if you are very worried about how you feel after your procedure.

If you have any concerns **after the first 72 hours**, please contact the Pain Clinic. Clinic staff are available Monday to Friday, 8am to 4pm.

Outside of the above hours, contact your GP or NHS 111.

Contact details

Day Surgery (direct lines)

- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783115

- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate
Telephone: 01843 234499
Telephone: 07887 651162

Kent Centre for Pain Medicine and Neuromodulation (admin office direct lines)

- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783049
- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate
Telephone: 01843 235094
- William Harvey Hospital, Ashford
Telephone: 01233 616691

Useful information

- East Kent Hospitals. Chronic pain patient information (<https://www.ekhft.nhs.uk/information-for-patients/patient-information/?i=leaflets&categories=chronic-pain>)
- Faculty of Pain Medicine of the Royal College of Anaesthetists: Information for adult patients (<https://fpm.ac.uk/patients>)

This leaflet has been produced with and for patients.

Please let us know:

- If you have any accessibility needs; this includes needing a hearing loop or wanting someone to come with you to your appointment.
- If you need an interpreter.
- If you need this information in another format (such as Braille, audio, large print or Easy Read).

You can let us know this by:

- Visiting the Trust web site (<https://www.ekhuft.nhs.uk/ais>).
- Calling the number at the top of your appointment letter.
- Adding this information to the Patient Portal (<https://pp.ekhuft.nhs.uk/login>).
- Telling a member of staff at your next appointment.

Any complaints, comments, concerns or compliments, please speak to a member of your healthcare team. Or contact the Patient Advice and Liaison Service on 01227 783145 or email (ekh-tr.pals@nhs.net).

Patients should not bring 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 has been handed into Trust staff for safe-keeping.

Further patient information leaflets are available via the East Kent Hospitals' web site (<https://www.ekhuft.nhs.uk/patient-information>).

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