



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

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

If you have unusual symptoms within the first 72 hours after your procedure, 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 Day Surgery Unit, Monday to Friday between 8am and 8pm. Outside of these hours, you should contact your GP or NHS 111.

Day Surgery (direct lines)

- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783115 (24 hours a day, 7 days a week)
- Queen Elizabeth the Queen Mother (QEQM) Hospital, Margate
Telephone: 01843 234499 (8am to 8pm weekdays)
Telephone: 07887 651162 (8pm to 8am weekdays; 24 hours weekends and Bank Holidays)
- William Harvey Hospital, Ashford
Telephone: 01233 616263 (24 hours a day, 7 days a week)

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

- Kent and Canterbury Hospital, Canterbury
Telephone: 01227 783049
- Queen Elizabeth the Queen Mother (QEM) Hospital, Margate
Telephone: 01843 235094

- William Harvey Hospital, Ashford
Telephone: 01233 616691

Useful information

For further information on chronic pain and its treatment options, go to the East Kent Hospitals' Chronic Pain web page (<https://www.ekhuft.nhs.uk/information-for-patients/patient-information/?i=leaflets&categories=chronic-pain>).

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 your doctor, nurse or midwife. 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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