NHS
Royal Berkshire
NHS Foundation Trust

Advice following treatment in the Pain Management Unit

This leaflet has been provided to answer some of the common questions and concerns that you may have following treatment at the Royal Berkshire Hospital's Pain Management Unit.

Your individual treatment

You will have had one of the following procedures performed on you today:

1. Facet joint injections	**2. Epidural steroid injections**
3. Nerve root block	**4. Sympathetic block**
5. Trigger Point Injections	**6. Radiofrequency procedure**

Advice after treatment

- Please avoid any driving for the next 24 hours.
- You can perform moderate activity (walking or gentle stretches) on the day of the injection.
- Do not attempt to lift any heavy weights for at least 3 days. Please also avoid excessive twisting or bending movements for the same length of time.

Useful advice

- Please continue to take your pain medications and any other regular tablets that you are on.
- You can apply ice or a cold pack to the injection area for up to 20 minutes at a time, every 1-2 hours. **Please avoid placing a heat pad on the injection area.**
- Please avoid taking a hot bath, hot tubs or swimming for at least 24 hours but it is ok to take a short shower.

Possible side effects

- You may experience an increase in your pain the day following the injection; this may last for a few days. If you had steroids injected during the procedure, it can take up to 6 weeks to have an effect.
- If your injection was only a diagnostic injection (i.e. one used to determine the cause of your pain) with only local anaesthetic, then the relief will not last long.

Complications to look out for:

- Numbness/tingling or weakness lasting for more than 24 hours.
- Fever or temperature greater than 38ºC.
- Nausea, new onset of an unusual headache or neck stiffness.
- Difficulty urinating (passing water) or holding your urine.
- Excessive bleeding from the injection site.
- Swelling/redness around the injection site.

If you experience any of the complications mentioned above within a month of your injection, then please inform your GP or go to the nearest Emergency Department (A&E).

What to do in the case of any problems

If you are having a flare up of the pain that does not subside even after 3-4 days. Then please make an appointment to see your GP, who will contact us if needed.

Future plans

You will be given a follow up appointment that may be by telephone or face to face.

Any queries?

If you have any queries or concerns regarding this treatment, please contact:
During working hours: Pain Management Unit 0118 322 8261.
Out of hours / weekends: please contact your GP or the out of hours' service for advice.

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

RBFT Pain Management Unit
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