

## Advice following treatment in the Department of Pain Medicine

This leaflet has been provided to answer some of the common questions and concerns that you may have after having treatment at the Department of Pain Medicine Unit in the Royal Berkshire Hospital or at the West Berkshire Community Hospital, Thatcham

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. Neurolytic block	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.

### Usefull 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, or until the effect of the steroid kicks in. Sometimes, steroids 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 38°C.
- 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, which 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.

For more information about the Trust, visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

Physiotherapy Department/Pain Management Unit, May 2018

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