

Pain Management Procedure Information

What is the aim of this information sheet?

The aim of this information sheet is to provide you with general information relating to procedures, what to do and not to do after your procedure, and to answer some questions that you may have. Please note that practice may vary depending on which injection is being undertaken. Your doctor will be able to explain fully what to expect and describe your procedure and the risks in detail.

Injections are made over or into joints, around specific nerves, soft tissues, or spine. Often, several injections are undertaken during the same procedure. Injections can help your pain by reducing some of the pain signals and, through pain relief may be short-lived (diagnostic), some people can get significant and long-lasting pain relief from these injections.

Is this the right treatment for me?

The decision on whether or not to go ahead with the injection is a shared decision between you and your doctor.

If your health has changed, it is important to let your doctor know. You must also inform your doctor if there is any chance that you could be pregnant.

If you are planning to travel or fly within two weeks after the injections, please let your doctor know.

Is there anything else I need to consider before the procedure?

- Please bring your glasses if you need them for reading
- Always bring a list of all current medication
- Continue to take your medication as usual on the treatment day, unless instructed differently
- Wear comfortable clothes, preferably a loungewear, and avoid any garments with metal parts or those that can be difficult to remove.
- Do not have heavy meal or alcohol before the procedure, and do not smoke any tobacco products at least 2 hours before your appointment.
- If you have diabetes, please check your blood sugar before heading to the clinic

- If you are receiving sedatives or are anxious or was told you will be unable to drive, have someone to drive you home. You cannot use public transportation, Uber or taxi in this case.

What will happen to me during the treatment?

Before the treatment, your doctor will discuss the procedure with you. A consent will be obtained before the injection. An ultrasound or X-ray (fluoroscopy) machine will be used to enable accurate injection.

You will be prepared for the procedure as per local protocol.

Observations such as blood pressure and pulse rate may be made.

You will be carefully positioned and the skin around the injection site(s) will be cleaned with an antiseptic solution. This may feel cold.

You will feel a stinging sensation as the local anesthetic is injected to freeze the skin and surrounding tissues. Your doctor will warn you of this first. Sometimes it would feel as a few injections were done.

The doctor will direct the injection(s) to the area(s) suspected to be the source of pain. When the injections are made, you may feel pressure, tightness, or a pulsing sensation. If there is any discomfort, do let the doctor know.

What can I do after my procedure?

Routine activity can be resumed the same day as the injection, unless you were instructed differently. If you partake in regular exercise, it is recommended that you refrain from overuse of the extremities for 48 hours post injection. You can take a shower on the same day, but please refrain from a bath, hot tub or pool.

When can I return to work after the procedure?

This will vary between individuals and may depend on the nature of your work. If you have specific questions, please discuss them with your doctor.

Will I experience any side effects?

As with any procedure, side effects may occur. These are usually minor and there is a little risk of serious harm but your doctor will advise of any more serious ones.

Side effects may include:

- Unexpected allergic reactions

- Local tenderness and/or bruising at the site of the injection usually settles over the first few days.
- The local anesthetic may rarely spread causing some numbness and/or weakness. Should this occur, the effect is temporary and will rapidly resolve over a few hours.
- Infection. This is rare. You should seek medical help if there is local warmth or redness over the site of the injection with tenderness and/or if you feel hot and unwell. This may require antibiotic treatment.
- Nerve injury occurs rarely and serious nerve injury is very rare
- Injection treatments are not always effective and may not help your pain.

What can I expect in the days afterwards?

You may experience some soreness or aching at the injection site. Do not worry if your pain feels worse for a few days as this sometimes happens. Take your regular pain killers and medications as normal and this should settle down. Try to keep on the move about the house but avoid anything too strenuous. In some cases (e.g., radiofrequency ablation, PRP) pain after the procedure may continue for 2-4 weeks. You may need additional pain medications to manage it.

What should I do in the weeks after the injections?

As your pain decreases, you should try to gently increase your exercise. Simple activities like a daily walk, using an exercise bike, or swimming will help to decrease stiffness. It is best to increase your activities slowly.

What follow-up will be arranged?

This will vary depending on the type of injection you have received. Be sure to discuss this with your doctor at the end of your appointment. Usually, we arrange a follow-up call with a physician assistant who conveys the information to the doctor. If your procedure was *diagnostic*, you must submit your pain diary before your follow-up visit or next procedure is scheduled.

This information is intended for general information only. If you have any questions or concerns, please speak directly with your doctor or contact the clinic.