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What to do around the time of your procedure

Before your procedure

Most of the procedures undertaken by the Dr Green can be done as a day case procedure without the need to stay overnight.

Once you have seen your Consultant in the Outpatients, and the procedure has been explained to you, you will be contacted to arrange a suitable date for your procedure to be carried out. You will have been given information about the procedure during your consultation, but you may still ask questions up to the time your procedure starts. You must be clear why you are having your procedure and the likely benefits it may bring, as well the potential complications that may arise.

Once you have received a date to come in you must ensure that you have a plan for any blood thinners you may be on. In most circumstances these will need to be stopped, and you may require an alternative for this period. If you have, or have had recently, an infection, you must make the clinic aware of this, as we may need to delay your treatment to prevent the risk of serious infectious complications. If in doubt, contact the clinic for advice, or consult your GP.

You must inform your Consultant of any allergies and if there is any chance you could be pregnant.

On the day of your procedure

On the day of the procedure, do not have anything to eat for 6 hours before your scheduled time and only drink clear fluids such as water up to 2 hours before. Please bring your glasses if you need them and a list of your current medications.

Please arrive in plenty of time. This will allow you to be checked in properly, have any questions answered and generally proceed with little stress. Your Consultant will run through the procedure with you again to make sure you are clear what is expected and that you are happy to proceed, and also to get you to sign your consent form. You may be asked to wear a gown.

When you present for the procedure you will be taken into the procedure room, where you will be asked to assume the required position on the operating table. Your name, date of birth, and procedure will be checked with you again, and an intravenous cannula will most likely be inserted. If a small amount of sedation has been discussed with you, this will be administered now. Your Consultant will ready the equipment and then start the procedure. You will be monitored throughout.

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Once your procedure has been completed you will be transferred on to a trolley and taken to the recovery area where you will be monitored for a short length of time before returning to your room. Your Consultant will try and visit you in the recovery area, but otherwise will review you in your room before discharge. You will be asked to keep a note of your response, possibly with a diary, to help with assessment during your Outpatient follow-up a few weeks after your procedure.

It is important that you have an accompanying adult to take you home. You should be careful mobilising for the first 24 hours after your procedure. Do not drive, operate machinery, carry hot liquids or be out of communication during this period. You should not sign legal documents, provide childcare unsupervised or drink alcohol until fit to do so.

If you are diabetic, the use of steroids in some injections may cause your blood sugar level to change requiring monitoring and adjustment of your diabetic medication.

You should not fly or travel abroad within the 2 weeks after the injections.

If you have any questions, please contact the team. For any queries relating to parking, or other facilities at the hospital where you are to receive your treatment, then please contact the hospital direct.

What to do after your procedure

You should have been given advice on restarting any blood thinners. You may have been given a diary to complete to record the effects of the procedure. Please heed the advice above regarding safely carrying out certain activities for the first 24 hours.

You may have a dressing or “plastic skin” applied to area where the procedure was performed. Please keep the area of the injections dry for 24 hours following the procedure, and avoid immersion in baths or jacuzzi’s until healed.

Immediately after your procedure you may feel some numbness around where where the needles were inserted. Occasionally you may feel numbness in the region of any nerves that may have been blocked. Some soreness or aching around the injections site is common for a few days after the procedure.

Sometimes the pain may feel worse for a few days afterwards. Do not worry if this happens. Take your regular pain killers and medications as normal and this should settle down. Sometimes cold packs may help if there is some bruising. Try and allow gentle movement or stretches. Some light activity about the house is preferable to too much rest, but avoid anything too strenuous.

Ideally keep a similar level of activity to before the injections. Avoid the tendency to do too little if there is some discomfort, or too much if there is none. Over doing things on a good day can result in more pain the following day if you have not been used to that level of activity. It is best to increase your activities gently and progressively over the following days and weeks, engaging with walking, stretching, tai chi etc.

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