Outstanding Care, Compassionate People, Healthier Communities

NHS Sherwood Forest Hospitals NHS Foundation Trust

INFORMATION FOR PATIENTS

Following pain management injections

Radio frequency □

Caudal epidural injection □

Facet joint injection – neck □

Cervical epidural injection □

Nerve root block □

Facet joint injection – back □

Sacroiliac joint injection □

Lumbar epidural injection □

Facet nerve injection □

Other _____

- It is advisable that you have someone with you at home for 24 hours.
- It is recommended that you relax and limit your activity for the remainder of the day.
- Do not drive a car or operate machinery for 24 hours.
- Keep the injection site dry and inspect the site daily for two days.

If you have a dressing or plaster, please remove it later on today.

- You may shower today. No soaking baths, hot tubs or swimming pools for 24 hours.
- Some discomfort may occur at the injection site. You may:
  - Take your usual pain killers.
  - Apply an ice pack for 30 minutes, two to three times a day for the first 24 hours if needed.
- If you are given steroids in your injection, it may take three to five days for the steroid medication to respond.

  You may notice a worsening of your symptoms for few days after the injection. Please continue your usual pain killers.

- If you normally take a blood thinning medication like Warfarin and stopped before the treatment, please discuss with your consultant about restarting the medication.
- Contact your GP or the Pain Clinic on telephone 01623 622515, extension 3049 or 6153, during working hours (Monday to Friday, 9am to 5pm) if you are experiencing the following:
  - New onset of persistent severe pain not settled with pain killers.
  - Headache that does not go away with medicine, is worse when sitting or standing up, and is greatly relieved upon lying down.
  - Chills or high fever.
  - Redness, swelling tenderness, or drainage at the injection site.

Please go to your nearest Emergency Department if you are experiencing new onset of an inability to feel or move your legs and/or loss of bladder or bowel control.

Further sources of information
NHS Choices: www.nhs.uk/conditions
Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)
PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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