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University Health Board

Post-Procedure Information – Injection Treatments

Chronic Pain Service

When will I be able to go home from hospital after my injection?

You will usually be able to go home within a few hours after the injection and in some cases much sooner, depending on how long your doctor or nurse want you to stay. Please make sure that you have someone to collect you after the procedure. It is unsafe for you to drive home straight after the procedure. If you do so your motor insurance will be invalid.

What can I do after my procedure?

Ideally, you should arrange for someone to stay with you for 24 hours but, if you cannot, you should at least have access to a telephone. You should not drive, operate machinery, sign legal documents, provide childcare without help or drink alcohol until fit to do so. If you are not sure, please ask your doctor for more advice.

When can I return to work after the procedure?

This will be different for different people and may depend on the type of work you do. It is difficult to give general advice and so you should discuss this with your doctor.

Will I experience any side-effects?

As with any procedure, there may be side effects. However, these are usually minor and there is little risk of serious harm. Injection treatments are not always effective and may not help your pain.

Side-effects may include:

- ▶ Mild local tenderness and/or bruising at the site of the injection, that usually gets better over the first few days.
- ▶ The local anaesthetic may spread causing some numbness or weakness. If this happens, the effect is temporary and will quickly get better over minutes or hours.
- ▶ Infection. This is rare. You should seek medical help if there is local warmth or redness over where you had the injection with tenderness. Or if you feel hot and unwell. This may need antibiotic treatment.
- ▶ If you have had a steroid injection, the steroids can have varied effects ranging from flushing, menstrual disturbances, weight gain, increase in blood sugar levels and worsening of mental health issues. These effects are temporary and are more likely with repeated steroid injections.
- ▶ Nerve injury is very rare.

What can I expect in the days afterwards?

You may feel some soreness or aching at the injection site. Please keep the area of the injections dry for 24 hours following the procedure. 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 get better. Try to keep on the move about the house while avoiding anything too difficult.

What should I do in the weeks after the injections?

As your pain decreases, you should try to gently increase your exercise. It is best to increase your activities slowly. Try not to do too much as you may have more pain the next day. Your doctor can provide more specific advice.

What follow-up will be arranged?

A letter will usually be sent to your GP and your doctor will tell you what to do after the procedure. You may be asked to make a call to the pain department, be given a form to fill in, or given a telephone review or other appointment.

After your procedure, if you have any questions or concerns, please contact your GP/Minor Injuries Unit/Accident & Emergency
or
Contact the Chronic Pain Service at **01495-768699**
or **01495-765701** (09:00 to 16:00 Monday to Friday).

Adapted from Faculty of Pain Medicine (FPM) Patient Information Leaflet for Peripheral Nerve Injections

Additional information for patients having Spinal Injection Treatment (Injections for treatment of lower back pain)

You may feel some numbness and/or weakness in your legs because of the local anaesthetic spreading. If this happens, the feeling is temporary and will quickly get better over minutes or hours.

Please seek medical advice immediately from your doctor or A&E department if you experience any of the following symptoms:

- New persistent weakness or numbness in legs or saddle area (genitals/back passage)
- Sudden persistent loss of bowel or bladder control (incontinence).
- Severe headache or neck stiffness.
- Signs of infection such as fever, chills, redness swelling or drainage from the injection site.

If you are unable to access medical assistance, please contact Emergency Services by dialling 999.

This document is available in Welsh/

Mae'r ddogfen hon ar gael yn Gymraeg