

**Patient  
Information**

# Pain Clinic aftercare

## Introduction

This leaflet will explain what will happen after your injection treatment and how to contact us about your progress.

## What happens next?

Your response to the injection treatment will either be assessed before you leave the Day Surgery Unit or you will be asked for feedback 6 weeks after the treatment.

**The next step in your treatment will be decided according to your response to the injections. Any further appointments will be posted to you.**

If you were not asked to complete a pain assessment before you left the hospital, please follow the instructions below:

### **In 6 weeks'**

Please complete the feedback form by typing the following address into your web browser:

<https://web.glos.nhs.uk/ChronicPainFeedback/>

You will be asked how much pain relief was provided by the injection and what improvements you have noticed.

The improvements may include being able to sleep better, do more physically, reduce medication or you have noticed improvements in your mood and general wellbeing.

**If you are not able to access the online form**, please telephone your Pain Consultant's secretary 6 weeks after the injection treatment. The contact number is at the end of the leaflet.

If your pain has improved significantly, you will not need a routine follow up appointment. Instead, you will be given a 1-year open appointment. During this time, you can contact us should your pain become difficult to manage again.

Reference No.

**GHPI1096\_02\_24**

Department

**Chronic & Acute  
Pain Services**

Review due

**February 2027**

## Patient Information

### After the injection

In the days following your injection you may have:

- mild discomfort around the site where you had the injection. This is expected and should settle.
- an increase in your normal pain, this is usually temporary. You can take your normal pain relief to reduce any pain. If the pain is severe, please contact your GP for advice.
- temporary weakness and numbness in the limb or area that was treated. If it was safe to do so you may have been discharged home with these symptoms. Please take care to protect the area/limb until normal sensation returns; this will help to prevent accidental injuries.
- an allergic reaction to the injection which results in redness and itching around the injection site. This is not serious, although we need to know about it for future treatments.
- facial redness or flushing as a normal response to steroid injection treatment.

### Injection site

You may have a dressing over the injection site. You should remove the dressing later on the same day as the injection was given.

### Complications

If you develop any of the following complications, please contact your GP **urgently**.

Outside normal working hours you should contact NHS 111.

- Signs of infection such as a fever, chills or redness around the injection site.

Please attend the Emergency Department **urgently** if you experience any worsening limb weakness or new loss of bladder or bowel control. This will need urgent assessment by a medical professional.

In the rare event that you need to seek the help of your GP or the Emergency Department please take your discharge paperwork with you for their information.

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## Getting the most from the injection(s)

Our website has a range of information which you may find useful, please visit:

[www.gloshospitals.nhs.uk/pain](http://www.gloshospitals.nhs.uk/pain)

If the injection has improved your pain, we would advise you to use the opportunity to gradually increase your activity. This is the most important aspect of managing your pain in the long term.

If you have already been provided with exercises, you should start these very gently and build up repetitions and frequency gradually.

If you need further advice, we suggest starting with the exercises on our website: [www.gloshospitals.nhs.uk/pain](http://www.gloshospitals.nhs.uk/pain)

More specific advice and self-referral information can be found on the physiotherapy website:

[www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/](http://www.gloshospitals.nhs.uk/our-services/services-we-offer/physiotherapy/)

Or by telephone:

**Gloucestershire Royal Hospital**

Tel: 0300 422 8527

Monday to Friday, 7:30am to 5:30pm

**Cheltenham General Hospital**

Tel: 0300 422 3040

Monday to Friday, 8:00am to 5:00pm

**North Cotswolds Hospital**

Tel: 0300 421 8815

**George Moore Community Hospital**

Tel: 0300 421 6953

**Tewkesbury Community Hospital**

Tel: 0300 421 6133

**Winchcombe Medical Centre**

Tel: 0300 421 6133

**Lydney Hospital**

Tel: 0300 421 8711

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**Dilke Memorial Hospital**

Tel: 0300 421 8711

**Stroud General Hospital**

Tel: 0300 421 8895

**Vale Community Hospital**

Tel: 0300 421 8481

**Tetbury Hospital**

Tel: 01666 501 766

**Cirencester Hospital**

Tel: 0300 421 6270

**Fairford Hospital**

Tel: 0300 421 6470

**Contact information**

**NHS 111**

Tel: 111

**Pain Consultant's Secretaries:**

**Dr Makins**

Tel: 0300 422 2558

**Dr Young**

Tel: 0300 422 3383

**Dr Bodycombe**

Tel: 0300 422 3198

**Dr Patel**

Tel: 0300 422 2558

**Dr Harper**

Tel: 0300 422 3383

**Dr Rea**

Tel: 0300 422 2804

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## Making a choice

### Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



### Ask 3 Questions

**To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.**

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

\* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>