



PREPARING FOR A PROCEDURE

Please complete hospital admission forms and send to the hospital before your procedure or do an online admission. Please fill in these forms carefully for your own safety and well being.

If you having a diagnostic block and your pain is less than 3/10, please tell the office ASAP as we may want to defer the block until you have more pain to allow better assessment.

BEFORE YOUR PROCEDURE

- Ladies, if you may be pregnant, please tell your doctor ASAP.
- You must not eat or drink before your treatment in hospital
 - Morning List: You must NOT have anything to eat or drink after midnight.
 - Afternoon List: You can have a light breakfast (toast, black coffee or black tea only) finished by 7am.
- Please come on time and plan to spend up to 4-6 hours in hospital.
- Due to the effects of the anaesthetic, you will not be able to drive yourself home.
 - Please get a friend or relative to take you to and from hospital.
- You may take your normal medications with a sip of water.
 - Please get specific instructions if you are taking anticoagulants (blood thinner), have a bleeding problem or are a diabetic on tablets or insulin.
- Please bring a list of your current medications and your medicines to hospital with you.
- Please bring your Medicare, DVA card and details of your private health insurance.
- If you are covered by TAC or WorkSafe, please bring a copy of your letter approving treatment.
- Do NOT bring any valuables, watches or jewellery as the hospital cannot accept responsibility for these items.
- Please shower at home before going to the hospital, except if you have other instructions.
- Please bring overnight items if required (eg toothbrush, pyjamas, slippers etc).

YOU MAY HAVE TEMPORARY SIDE-EFFECTS

- Local anaesthetic may cause numbness and/or weakness of the involved extremities for several hours.
- Dizziness or feeling faint may occur upon abruptly sitting up or standing up for several hours after blocks.
- Nausea and vomiting can occur at any time and traveling home. Please ask for medication and/or sick bag if needed.
- These side effects are temporary and expected to last from 2 to 6+ hours. Please notify your doctor if these symptoms persist longer than expected or return after discharge.

AFTER YOUR PROCEDURE

The duration of your stay in the recovery and hospital will depend on the treatment you received. You will stay about an hour after a radiofrequency treatment, 2 hours after a diagnostic block and 2-6+ hours after an epidural treatment and 1-2 days after a stimulator trial/ implant.



1. Avoid strenuous exercise while 'numb', and then gradually increase range of activity.
2. You may eat and drink when you feel like it after procedures.
3. Report fevers $>38^{\circ}\text{C}$, unexpected redness or severe pain, new unexpected numbness or weakness.
4. Apply ice to painful areas for 15-30 minutes per 4 hours for 24 to 48 hours.
5. Use 1g paracetamol 4-6 hourly, 50mg Tramadol 6hourly for 24-48h, if needed for post-procedural pain.
 - You may be sore after a stimulator or pump implant and need morphine-like analgesics for 2-3 days.
6. Protect and support the affected area if weakness or paralysis occurs.
7. You must have someone else drive you from hospital and preferably stay with you for at least 4 hours afterwards.
 - You can expect to be picked up 1-4 hour after the treatment depending upon the procedure.
8. **Do not** drive a car, operate machinery, drink alcohol or make important decisions for 12 hours.
9. Please make a review appointment 2-4 weeks after the injection. Please advise ASAP if you are unable to keep your scheduled appointment.
10. After diagnostic procedures, please complete the "**Diagnostic Block Evaluation Sheet**". It is important to send it back to the office by fax, email or post and bring a copy with you to the first follow-up consultation after the procedure.

EMERGENCY CONTACT

If you have any questions, concerns or problems, call (03) 9770 0522 during office hours. For after hours' emergencies, make your way to the nearest Hospital Emergency Department. Should you be unable to contact our clinic, please call your local doctor or if the problem is urgent attend the nearest Hospital Emergency Department.