





Please make gradual changes only and do not stop your medication suddenly. It is best to make only one medication change at a time when managing chronic pain, and to then allow a period of stability before initiating further changes.

An appointment for follow up may be arranged in pain clinic.

**If you have been given a graph to chart your pain level after treatment please bring this to your review appointment, or post it to the department prior to review.**

## Further Information

If you have any questions regarding treatment in the Chronic Pain Service, please call our Pain Clinic Advice Line on **01784 884970**.

For questions regarding your appointment or any other administrative matter, please call the Surrey iMSK line: **01932 722730, select option 5 for procedure booking office or option 4 for pain clinic office.**

Website: [www.surreyimsk.com](http://www.surreyimsk.com)

observations. This may include blood pressure and pulse rate. It may include blood sugar measurement. In most cases this will resolve rapidly without specific treatment. Occasionally you may need to have fluids prescribed, or medication, or be further reviewed by your doctor. Very rarely you may need to stay a little longer on day ward for observation.

Please ensure you are driven home by a responsible adult who will be able to ensure you are settled at home after your procedure.

## At home after my procedure

After the local anaesthetic wears off you may experience an increase of pain. In almost all cases this will respond to regular use of your normal pain medicines. You should take these regularly as prescribed.

We would advise that you do not apply heat to the area on the first day as this will encourage bruising. Application of cold packs may be helpful.

## Activity

In general it is important to maintain mobility. If you do have pain immediately following the procedure it may be advisable to reduce activity. However gentle paced mobility and muscle stretches should be maintained throughout.

