

BACK NECK & JOINT



PATIENT INFORMATION FOR NON-SEDATED PROCEDURES

You have been scheduled for a short admission to the hospital for your procedure. This document provides important information to help you prepare for your admission.

BEFORE YOUR PROCEDURE

Your admission confirmation letter outlines any specific instructions you need to follow. These instructions have been determined by our clinical team.

Please complete the admission forms provided to you and return to the hospital prior to your admission.

THE DAY OF YOUR PROCEDURE

Please arrive promptly at your admission time.

DO NOT bring any valuables to the hospital

DO NOT wear jewellery, makeup, or nail polish.

Please shower on the morning of your procedure and wear clean, comfortable clothing that is easy to remove.

It is hospital policy that you do not drive after your procedure. You will need to provide the hospital staff with the contact details of the adult person responsible for escorting you home.

AFTER YOUR PROCEDURE

You will be taken to the recovery area where the hospital nurses will monitor your progress and check your procedure site.

If this is a diagnostic procedure, you will be provided with a Pain Chart (Operation Report). Recovery nurses will assist you with this form. Once completed and returned to us, we will contact you to discuss further treatment options.

If you experience a medical emergency, please dial triple zero for an ambulance, or process to your nearest emergency department.

LOCAL ANAESTHETIC

You may return to all your normal activities as soon as you wish unless instructed otherwise. You may experience some soreness once the local anaesthetic wears off. This is normal, but if the discomfort persists you can call the Metro Pain Group nurses on 03 8548 0339 or consult your GP.

CORTISONE

If your injection has included Cortisone, you may experience mild reactions like facial flushing or a feeling of feverishness. These can be relieved with a simple antihistamine available from your local pharmacy. Please note that Cortisone may cause changes to your blood sugar level.

BACK NECK & JOINT

MORE ON THE PAIN CHART

You should rate your pain between 0 and 10 before your injection, and after for 6 hours, firstly in 30 minute intervals and then hourly intervals. Ratings should be conducted in terms of movements and how you feel doing the things that most aggravate the pain.

FOR MORE INFORMATION



backneckandjoint.com.au



teambates@metropain.com.au



03 9854 4000



Suite 1/310,
Whitehorse Rd,
Balwyn, VIC.



DISCLAIMER

Please note the contents contained in this Patient Fact Sheet are not intended as a substitute for your own independent health professional's advice, diagnosis or treatment. At Metro Pain Group, we assess every patient's condition individually. As leaders in pain intervention, we aim to provide advanced, innovative, and evidence-based treatments tailored to suit each patient. As such, recommended treatments and their outcomes will vary from patient to patient. If you would like to find out whether our treatments are suitable for your condition, please speak to one of our doctors at the time of your consultation.