

BACK NECK & JOINT



PATIENT INFORMATION FOR 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.

An anaesthetist will administer a light sedation and you are not permitted to drive for 24 hours following this. You will need to provide the hospital with the contact details of the adult personal responsible for driving you home. Please ensure you have support at home for the first 24 hours.

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.

ADMISSION

Pre-admission staff will confirm that your details are correct and prepare you for the procedure. Whilst we make every attempt to minimise wait time, there may be some unforeseen delays. Depending on your procedure, you may stay at the hospital for anywhere between 2-5 hours.

PAYMENT

A quote for your out of pocket expenses will be provided to you prior to admission. You will receive a quote from your doctor, anaesthetist, or any radiology services.

Private or Uninsured Patients:

You will be required to pay the hospital admission fee in full on the day of your procedure. Your anaesthetist may invoice you separately. The hospital can provide you with a quote for any other expenses associated with your admissions. WorkCover, TAC or DVA will be billed directly where applicable.

BACK NECK & JOINT

Fasting

The nursing admission team will inform you of the fasting requirements and give you specific time before your procedure.

This means NOTHING to eat, drink or chew for that time.

Medications may still be taken according to your doctors instructions. They can be taken with a small sip of water.

Please refrain from smoking on the day.

Please note that your procedure may be postponed or cancelled if you do not follow these instructions.

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.