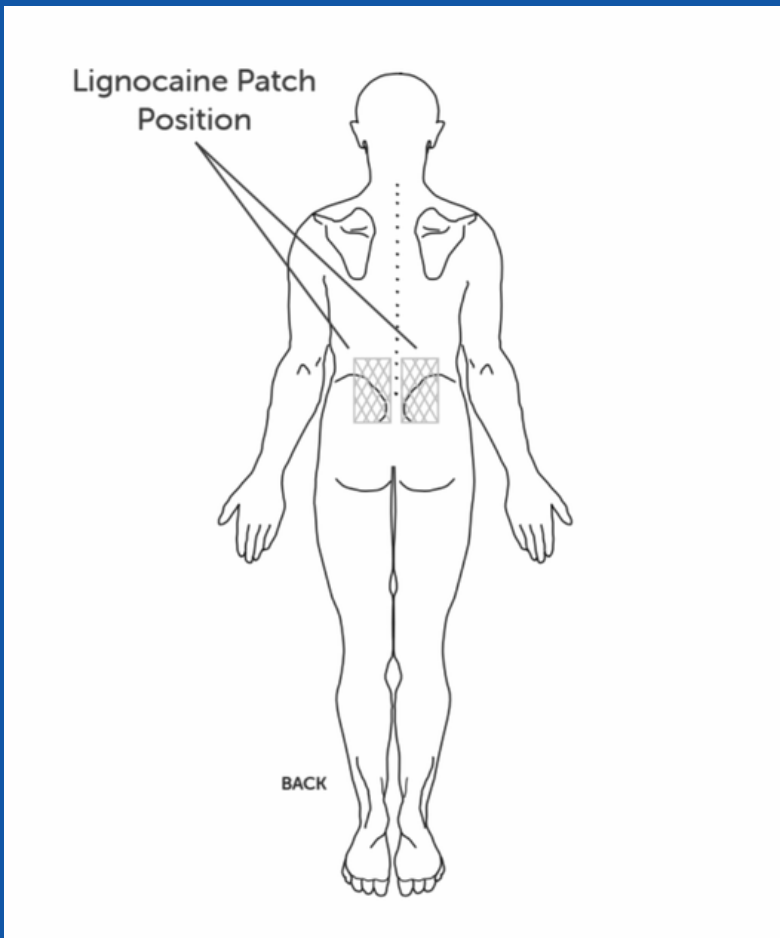


BACK NECK & JOINT

UN-SEDATED PROLOTHERAPY



For greater pain management, we recommend that patients obtain either of the following medications prior to their procedure. These can be purchased over the counter without a prescription and need to be applied with a minimum of two hours before admission time.

Option 1: Nervoderm

- 5% local anaesthetic
- Comes in 5pk
- Doctors are ok with generic brands if available



Option 2: Soov™ Cream/Gel

- 5% local anaesthetic
- Comes in 5pk
- Doctors are ok with generic brands if available



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.