

GOING HOME AFTER YOUR PROCEDURE

Things you need to know

- You **MUST** be in the care of a responsible adult for 24 hours after the procedure in case of side effects, sleepiness, confusion, pain or falls-risk.
- If you cannot arrange for someone to stay with you, please let the pain clinic know-you will require overnight admission to the hospital.
- DO NOT drive or operate dangerous equipment, participate in dangerous activities, or make legal decisions for 24 hours after the procedure.
- You CANNOT drive home, or go home unescorted such as in a taxi.
- A follow-up appointment will be arranged by the pain clinic.

If you have other medical conditions

- Patients with diabetes should closely monitor their blood sugar levels after the procedure as blood sugar may *increase after STEROID injections*. Your doctor should be consulted if this occurs.
- Patients taking blood thinners should discuss this with their doctor as soon as possible.

What to watch out for after your procedure

- It is normal to experience mild discomfort or numbness in the area of the injection due to bruising or the local anaesthetic.

(please see next page...)

IMPORTANT

- Any new **weakness or numbness** in arms or legs, **difficulty with bladder or bowel control** severe pain, shortness of breath or fever should be reported immediately to the *PainScience* clinic during office hours on **(08) 9400 9020**
- **If the pain clinic is not immediately contactable, please go to the nearest emergency department (if possible Joondalup Health Campus) as soon as possible.**
- Please call an ambulance on **000** if you are seriously concerned.