

What should I expect following my injection?

You may experience soreness over the injection site for a few hours. Using an ice pack can be helpful to reduce this irritation: do not apply directly to the skin to avoid ice burns and use up to 20 minutes at a time.

It is not uncommon to experience an increase in pain during the first **24 – 72 hours**. If you have had a denervation procedure, the duration of increased pain can be extended for several weeks.

It can be helpful to continue with your usual pain relief and modify your daily routine during this period. To help your recovery you may need to plan and prioritise your first few days and not push into your pain. Bed rest is not necessary and unhelpful.

How do I get the most from my injection?

After the first 72 hours you can gradually return to your normal daily routine as you feel comfortable and confident to do so.

When we have been in pain it is normal for us to have become less active, often we are less fit with weaker muscles and stiffer joints. Slowly increasing our general exercise every 1-2 weeks allows our body time to adapt.

For tailored support and guidance on becoming more physical active please contact:

www.possibilitypeople.co.uk

For **further guidance** in learning how to self-manage your pain please explore:

<http://www.paintoolkit.org>

What should I do if experience an increase in my pain?

Don't panic and try to stay positive. Setbacks are not uncommon and often settle within a few days to a few weeks.

Planning for setbacks can improve how we cope with these situations.

It can be useful to consider what may **soothe** your pain, such as heat / ice packs or a warm bath.

Medications can be helpful but may not suit everyone – pharmacists and GPs can provide helpful advice if required. You may need to reduce your activity levels temporarily but it is important to **keep moving** so **plan** your day and **prioritise** what is most important to you to. Finally don't forget to find time for enjoyable **distraction** and **relaxation**.

Will I need a follow up after my injection?

Not necessarily.

Injections are mostly used for therapeutic pain relief or as a diagnostic test. If after 4-6 weeks your injection has helped and you feel you are coping well you may not need any further appointments. If your injection has not helped and you would like further guidance in managing your pain condition, you can call to arrange a follow up appointment within 6 months of having your procedure:

0300 303 8063

For further information on how the Pain Management Service can work with you in supporting you to self-manage you condition please visit our website.

www.sussexmskpartnershipcentral.co.uk/pain

When should I ask for help?

Problems following injections are uncommon.

However please **contact your GP** urgently or visit A&E if you experience any of the following:

- Excruciating pain unlike your normal symptoms
- Increasing redness, swelling or oozing around the injection site
- Fever
- Sudden weakness or numbness which is not resolving
- Sudden loss of bladder or bowel control
- Severe headaches which is not improved with pain killers

INJECTION THERAPY

GUIDANCE & ADVICE

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