### After your procedure

- You may feel:
  - Numbness
  - Weakness
  - An odd feeling in the area that was treated
- You may not feel any difference.
- You may, or may not, obtain pain relief in the first few hours after the injection.

### When you go home

- Take it easy for the rest of the day.
- Do not drive for rest of the day.
- Complete the response diary.
- Continue with your usual medication.
- Follow up in the pain clinic in 2 to 4 weeks.

## If you received sedation

• Read the patient information pamphlet for 'Procedural Sedation'.

Jim Pattison Outpatient Care and Surgery Centre 9750 140<sup>th</sup> Street Surrey, BC V3T 0G9 604-582-4587

www.fraserhealth.ca/pain

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# Going home after a pain management procedure

**Instructions and Diary** 

**Pain Management Clinic** 



# **Diary**

You have had an injection to relieve your pain.

Please complete this diary so we can tell how well the treatment worked for you.

- ☑ Record your pain level for the first day after the injection.
- ☑ Bring this diary with you to your next appointment.
- ☑ Use a letter to describe your pain:
  - S = Same
  - B = Better
  - W = Worse
- ☑ Choose a number from 0 to 10 to rate your pain:
  - 0 for no pain
  - 10 for the worst pain ever

There is also a place where you can make comments.

| S = Same      | B = Better     | W = Worse |
|---------------|----------------|-----------|
| 0 = no pain   | 10 = worst pa  | in ever   |
| L = left side | R = right side | )         |

| Date: | Time of block: |  |
|-------|----------------|--|
|       |                |  |
|       |                |  |

|              | SE  | S B W 0 to 10 |         | 10 | Comments |
|--------------|-----|---------------|---------|----|----------|
| Before block | L   | R             | L       | R  |          |
|              |     |               |         |    |          |
| After block  | SBW |               | 0 to 10 |    |          |
| Time of day  | L   | R             | L       | R  | Comments |
|              |     |               |         |    |          |
|              |     |               |         |    |          |
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