



## Frequently Asked Questions

### HOW DO I ARRANGE AN APPOINTMENT WITH DR. KRISHNA?

Appointments can be arranged by contacting **Dr. Krishna's secretary (Jo Creedy) on 07703292692**. Please leave a message if the secretary is not available to take your call.

Alternatively please send an email to [clinic@painspa.co.uk](mailto:clinic@painspa.co.uk) or simply fill the 'Get in Touch' form available on our website: [www.painspa.co.uk](http://www.painspa.co.uk)

### DO I NEED A REFERRAL LETTER FROM MY GP?

A referral letter from your GP or any other specialist involved in your treatment would be helpful but is not an absolutely essential.

### WHAT DO I NEED TO BRING TO MY CLINIC APPOINTMENT?

Please bring a list of medications (ideally a copy of your prescription) and results of any investigations such as scans or blood tests done recently.

Please bring copies of letters from consultations with other specialists with regards to your current problem.

### WHAT WILL HAPPEN AT MY FIRST APPOINTMENT?

You will be seen by Dr. M Krishna, Consultant in Pain Medicine. Our lead Pain Nurse Jan McKechnie may also be present during the consultation. The consultation is likely to last 45 minutes to an hour. Dr. Krishna will conduct a comprehensive review including taking a detailed history, medication review, examination and organizing relevant investigations if needed.

Finally he will formulate a detailed management plan, which will be communicated to your GP through a clinic letter. A copy of the letter will be sent to you and to any other relevant specialists involved in your management.

### IF I NEED INJECTION TREATMENT WILL I BE ABLE TO HAVE THIS ON THE SAME DAY AS THE INITIAL APPOINTMENT?

This depends on a number of factors:

For some injections like botox we need to order the drug on a 'named patient basis' and hence it may not be available on the day.

If you undergo injection treatment we strongly advise that you are accompanied by a responsible adult who can drive you back to your home.

Some injections require fluoroscopy (X-ray) guidance and hence cannot be performed on the day.

You can discuss this with our nurse Jan McKechnie prior to your appointment.

### CAN I EAT AND DRINK BEFORE MY PAIN PROCEDURE?

You can eat and drink as usual prior to your pain injection treatment, provided you have not been offered sedation for the procedure. Dr. Krishna will discuss this with you during the initial appointment.

### WHAT ABOUT DRIVING AFTER THE PROCEDURE?

You will be instructed not to drive for up to 24 hours after the injection or longer if you feel unsafe. You will need some one responsible to take you home.

### WHEN CAN I GO BACK TO WORK?

You can generally return to work the next day but you should avoid heavy work and strenuous activity for up to 48 hours.

### WHAT ANAESTHETIC IS OFFERED IF I NEED INJECTIONS?

Most of the procedures are performed under local anaesthetic and you will be fully awake during the procedure. The skin is the most sensitive part of the body and Dr. Krishna would numb the skin and deeper tissues with local anaesthetic to minimize the discomfort during the procedure.

Rarely sedation may be offered for certain treatments, in which case you will need to be starved for 6 hours prior to the procedure. You should not have any solids or liquids during this time. However clear fluids such as black coffee, black tea, dilute squash or water are allowed up to two hours before the procedure.





## Frequently Asked Questions *continued..*

### **I NORMALLY TAKE MEDICATION TO THIN MY BLOOD. DO I NEED TO STOP THESE BEFORE I CAN HAVE MY INJECTION?**

You should always make us aware of any blood thinning medications you have been prescribed. For some procedures these medications may need to be stopped for a length of time. Dr. Krishna will discuss this in more detail during the initial consultation.

Please do not stop any medications without prior medical advice.

### **IS THERE ANY THING ELSE THAT I NEED TO INFORM THE DOCTOR ABOUT PRIOR TO MY TRETMENT?**

You should always tell the doctor if you are pregnant or likely to be pregnant.

You should inform the doctor about any blood thinning medications that you might be taking. This includes Aspirin, Clopidogrel, Warfarin, Heparin and some of the newer ones like Rivaroxaban.

Finally always inform the doctor about your allergies, especially latex, iodine and any medications.

### **DO YOU SEE INSURED PATIENTS?**

Dr. Krishna is registered with all major insurance companies. Please make sure you obtain prior authorization from your insurance company before any consultation and treatment.

### **WHERE IS YOUR CLINIC LOCATED?**

We provide clinic consultations at Willow surgery, Hill House Road, Downed Bristol BS16 5FJ. We provide injection treatments at Willow surgery and Chesterfield Nuffield Hospital in Clifton, Bristol.

### **DO YOU OFFER EVENING APPOINTMENTS?**

Yes, we offer evening appointments. Please discuss your requirements with our nurse Jan Mckechnie. We work fairly flexibly to suit the requirement of our patients.





## PROCEDURES WE OFFER

LUMBAR EPIDURAL INJECTION  
CAUDAL EPIDURAL INJECTION  
LUMBAR FACET JOINT INJECTION  
CERVICAL FACET JOINT INJECTION  
THORACIC FACET JOINT INJECTION  
DORSAL ROOT GANGLION BLOCK  
NERVE ROOT BLOCK  
LUMBAR FACET RADIOFREQUENCY  
DENERVATION  
CERVICAL FACET RADIOFREQUENCY  
DENERVATION  
TRIGGER POINT INJECTION  
SACROILIAC JOINT INJECTION  
COCCYX INJECTION  
GANGLION IMPAR BLOCK  
PIRIFORMIS INJECTION  
INGUINAL NERVE BLOCK  
PUDENDAL NERVE BLOCK  
JOINT INJECTION  
OCCIPITAL NERVE BLOCK  
PULSED RADIOFREQUENCY  
TREATMENT  
INTERCOSTAL NERVE BLOCK  
RECTUS SHEATH BLOCK  
TROCHANTERIC BURSA INJECTION  
ISCHIAL BURSA INJECTION  
ILIO LUMBAR LIGAMENT INJECTION  
QUADRATUS LUMBORUM INJECTION  
ACHILLES TENDON INJECTION  
PLANTAR FASCIA INJECTION  
GENICULAR NERVE BLOCK & RF  
NEUROTOMY OF KNEE JOINT  
SUPRASCAPULAR NERVE BLOCK  
BOTOX INJECTION  
PLATELET RICH PLASMA THERAPY  
TENNIS ELBOW INJECTION  
GOLFER'S ELBOW INJECTION  
SUPRASCAPULAR NERVE ABLATION  
BOTOX FOR MIGRAINE  
CERVICAL MEDIAL BRANCH BLOCKS  
LUMBAR MEDIAL BRANCH BLOCKS  
STELLATE GANGLION BLOCK  
HIP JOINT COOLED  
RADIOFREQUENCY ABLATION  
INGUINAL NERVE ABLATION  
LATERAL FEMORAL CUTANEOUS  
NERVE BLOCK  
GREATER AURICULAR NERVE BLOCK  
BOTOX FOR BACK PAIN

The above information is for general education only. Please ask specific questions to the doctor during your consultation.

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