



AFTER CARE INSTRUCTIONS

Thank you for visiting the Willow surgery for your recent injection treatment. To ensure the best outcomes and support your recovery, please follow these aftercare instructions carefully.

IMMEDIATE POST-TREATMENT CARE

Rest: Please take it easy for the rest of the day. Avoid strenuous activities and heavy lifting for at least 24 to 48 hours.

Pain Relief: It is normal to experience some discomfort at the injection site. You may use over-the-counter pain relievers like paracetamol or ibuprofen as needed unless otherwise advised. Dose for Paracetamol is 2 tablets (1 gram) up to 4 times per day. The dose for Ibuprofen is 200mg to 400mg up to 3 times per day. Do not take ibuprofen on an empty stomach. Do not take ibuprofen if you are intolerant to anti-inflammatories or if you are asthmatic or have gastric ulcers. Alternatively, you can take cocodamol 2 tablets up to 4 times per day, but this should not be taken together with Paracetamol.

Ice Application: If you experience swelling or tenderness, apply an ice pack to the area for 15-20 minutes every 1-2 hours as needed. Do not apply ice directly to the skin.

ACTIVITY AND MOBILITY

Resume Normal Activities Gradually: Start with light activities and gradually increase as tolerated. Listen to your body and avoid any movements that cause discomfort.

Physical Therapy: If prescribed, adhere to your physical therapy regimen to aid in recovery and enhance treatment outcomes.

MONITORING AND SIGNS TO WATCH

Expected Symptoms: Mild soreness or stiffness at the injection site is common and should improve within a few days.

When to Contact Us: If you experience severe pain, increased redness, swelling, or any signs of infection such as fever, please contact us immediately at 0117 2872383.

FOLLOW-UP CARE:

Follow-Up Appointment: A follow-up appointment may be necessary to assess your progress. Please ensure you attend as scheduled or contact us to arrange one if not already done.

Long-Term Care: Continue with any long-term treatment plans as discussed with Dr. Krishna. This may include further injections, medication, or lifestyle adjustments.

ADDITIONAL INFORMATION

For more details about your treatment, visit our website at www.painspa.co.uk.

If you have any questions or concerns, feel free to contact us at **0117 2872383** or email us at clinic@painspa.co.uk.

If you are calling after hours, please leave a message and it will be picked up at the earliest opportunity.

EMERGENCY

Immediate Action: If you experience severe symptoms such as difficulty breathing, chest pain, or a sudden and severe allergic reaction (e.g., swelling of the face, lips, or throat), seek emergency medical attention immediately by calling 999 or going to the nearest emergency department.

We are committed to supporting you in your recovery and ensuring the best possible outcomes. Thank you for trusting us with your care.





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
ILIOLUMBAR 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
ARTHROSAMID KNEE INJECTION
STELLATE GANGLION BLOCKS

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

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WEBSITE: www.painspa.co.uk • FAX: 0117 2140301