

## After Your Procedure, A Guide to Your Recovery

Thank you for choosing The Manchester Pain Clinic for your treatment.

Most of our procedures are minimally invasive, allowing patients to return home the same day. Although recovery is usually straightforward, it's important to allow your body time to heal and to follow the guidance below to help achieve the best possible outcome.

### Immediately After Your Procedure

Following your treatment, you'll spend a short period recovering before you're discharged home.

Depending on the procedure you've had, you may experience:

- Mild discomfort around the injection site
- Temporary numbness or weakness if a local anaesthetic has been used
- Bruising or tenderness
- A feeling of heaviness in the treated area

These effects are usually temporary and settle within a few hours. If you've received sedation, you'll remain under observation until it's safe for you to leave.

### Driving Home

If you've received sedation, you must not drive yourself home. Please arrange for a responsible adult to accompany you home and stay with you for the remainder of the day where possible.

Even if you haven't received sedation, we recommend avoiding driving immediately after your procedure, particularly if you've experienced temporary numbness or weakness.

Following sedation, you should not:

- Drive for at least 24 hours
- Operate machinery
- Sign important legal documents
- Drink alcohol

Always follow any specific advice provided by your consultant.

### Activity and Returning to Normal

Take things easy for the first 24 to 48 hours.

Gentle walking is encouraged, but avoid strenuous exercise, heavy lifting or high-impact activities during this period.

Many patients are able to return to work within one or two days, depending on the nature of their job and the procedure performed. If your work involves heavy manual activity, you may need a little longer before returning. Dr Jonathan Rajan will advise you if any additional restrictions apply.

### **Pain Flare-Ups**

It's quite common for pain to temporarily increase before it improves. Some treatments, particularly steroid injections and radiofrequency procedures, may cause a temporary flare-up of discomfort lasting several days. This does not necessarily mean the treatment hasn't worked. Relief often develops gradually over several days or weeks, depending on the procedure you've received. If appropriate, you may continue taking your usual pain medication unless your consultant has advised otherwise.

### **Caring for the Injection Site**

Keep the area clean and dry for the remainder of the day. You may remove any small dressing after 24 hours unless advised differently. Avoid hot baths, swimming pools and hot tubs during the first 24 hours, although showering is usually permitted the following day. If bruising develops, this should gradually settle over the following few days.

### **When Should I Seek Medical Advice?**

While complications are uncommon, it's important to seek urgent medical attention if you experience:

- Increasing redness, swelling or discharge from the injection site
- A high temperature, fever or feeling generally unwell
- Severe or worsening pain that is significantly different from your usual symptoms
- Persistent numbness or weakness that does not improve
- Loss of bladder or bowel control
- Difficulty walking or sudden changes in sensation
- Chest pain or difficulty breathing

If you're concerned about your recovery, please don't hesitate to contact us for advice.

### **Follow-Up Care**

Some patients notice improvement within a few days, while others experience gradual relief over several weeks. Dr Jonathan Rajan may arrange a follow-up appointment to review your progress, assess your response to treatment and discuss any further recommendations if required. At The Manchester Pain Clinic, we are committed to supporting you throughout your recovery and helping you achieve the best possible outcome.

### **Leave us a Review**

At The Manchester Pain Clinic, we value feedback from our patients as it helps us to improve our care and how our service is delivered. It also helps others make informed decisions on their treatment. We would be pleased if you would leave us a Google review on the experience you have had with us via our website >> [www.manchester-pain-clinic.co.uk/review-us](http://www.manchester-pain-clinic.co.uk/review-us)

### **Contact Details**

- The Manchester Pain Clinic, The OrthTeam Centre, Ohm Building, Didsbury Technology Park, 168 Barlow Moor Road, Manchester M20 2ZA
- Tel: 0161 327 4307 | [www.manchester-pain-clinic.co.uk](http://www.manchester-pain-clinic.co.uk)