

This handout provides information about what you might expect to happen following PENS therapy. It is provided as a general guide and does not replace specific medical advice, which should be sought if you have concerns.

For your procedure today you have been given a light anaesthetic. For this reason, you should not drive, sign documents or make important decisions for the next 24 hours.

This treatment stimulates nervous tissue either to test your pain or to provide you with some pain relief.

After the procedure you will be given a 14 day pain chart to record your response to the treatment.

- Once the local anaesthetic wears off you may experience some discomfort from the needle sites.
- You may get a small amount of bruising at the needle sites.
- Sometimes your pain may increase slightly, but it should settle down fairly quickly.
- You may return to all your usual activities as soon as you feel ready unless directed otherwise.

Completing your pain chart

- Chart your pain compared to your usual pain.
- Test your pain – if you only experience pain during a certain activity or when moving in a certain way, make sure you repeat that activity or movement to see if your pain has changed.
- Try to identify any component of your pain that changes or disappears, or any changes in your range of motion, such as being able to move more easily – mark these changes on the pain chart.
- When recording daily scores, chart the worst pain that you have experienced during that day.
- Do not record the local soreness of the injection site/s.

Returning your pain chart

- It is essential that you return your pain chart to the clinic so that a treatment plan can be devised. If you don't hear from us within 2 weeks of sending it back, consider contacting the clinic to ensure that the chart has been received.
- When your pain chart has been assessed you will be notified of the next step in the process.

To return your pain chart

Email: info@metropain.com.au

Fax: 03 9595 6110

Post: Metro Pain Group, Ground Floor, 271 Clayton Road, Clayton VIC 3168

Please keep a copy for your records.

FOR ANY CLARIFICATION OR CONCERNS RELATED TO THE PROCEDURE:

Please phone: 03 9595 6111 (during clinic hours) | E-mail: info@metropain.com.au
After Hours Emergency Phone: 1300 070 345

If the pain seems extreme or there are any signs of general illness including a fever, nausea or other specific concerns, contact the Clinic, visit your GP or proceed to your nearest Emergency Department.