



London Pain Clinic

London Pain Clinic Daycase Treatment @ The Weymouth Street Hospital

DAYCASE ADMISSION TIME : Times will vary. Please refer to London Pain Clinic team (0207 118 0250) - We are unable to amend or delay admission times due to the strict admission policies in place requiring all patients to be admitted prior to theatre starting.

LOCATION : The Weymouth Street Hospital <https://www.weymouthstreethospital.com/>

You will be required to have a COVID-19 PCR Swab a minimum of 72 hours prior to your procedure. The hospital will contact you shortly to discuss this further.

You should not eat anything for 6 hours before your procedure admission time, but you can sip a small amount of clear fluid (i.e. not milk) up to 2 hours before your procedure admission time.

After your admission the Consultant will see you prior to your procedure to discuss in further detail the procedure that you are having.

Please see the following benefits and risks:

Benefits – pain relief; it can take 10-14 days to work, sometimes less, sometimes more, 60-65% chance of reducing the pain by at least 40% for 6-12 months plus

Risks - Failure, local bleeding, bruising, infection, discomfort, temporary weakness, neuropraxia (Disorder of the peripheral nerve system in which there is a temporary loss of motor and sensory function due to blockage of nerve conduction)

After your admission you will be taken to theatre between 1-3 hours later for your procedure.

Procedures typically take around 45 minutes, once the procedures are completed you will be taken to the recovery area.

Once the Consultant has completed a post procedure assessment they will arrange for you to be discharged.

It is recommended that you take it easy for the initial 5-10 days following your procedure.

Post procedural discomfort can last for up to 14 days following procedure's but this can usually be alleviated with over the counter painkillers.

If you need to cancel this appointment, we require 48 hours' notice prior to the procedure date or a cancellation fee will be incurred.

You will receive full and detailed pre-admission information from the hospital by email a few days prior to your admission and you will also be asked to complete a Pre-Admission Questionnaire and a Covid-19 swab. This will need to be returned to the Pre-Assessment Nurse (**Tel: 020 30752365 or email: preassessment@weymouthhospital.com**) at the Weymouth Street Hospital well in advance of your procedure and may necessitate additional investigations (which may incur an additional charge) and/or additional questions which will need to be addressed prior to your procedure.

If you are insured you may need to advise your insurer the name of the Consultant Anaesthetist - please ask the Clinic Team who will be able to tell you.

IMPORTANT re the timing of procedures: PLEASE NOTE that hospital admission times are approximate and that patient will be admitted on a staggered basis. Please arrive at the specified time. Your consultant will be treating patients in theatre until as late as 8pm so please plan on being at the hospital for the duration of the evening - please bring reading material and digital devices if required. Thank you in advance for your patience and understanding.

Please read the attached letter which includes essential information and advice.

We look forward to seeing you.

Yours sincerely,

The London Pain Clinic Team



London Pain Clinic

Consulting Rooms:

London Pain Clinic
9 Harley Street
London W1G 9QY

Contact details:

T: 0207 118 0250(Pain Clinic)

F: 0207 0118 0240

E: info@londonpainclinic.com

Dear Patient,

London Pain Clinic Daycase Treatment @ The Weymouth Street Hospital

We can confirm that you have been booked in for your treatment with your Consultant, the date of which is confirmed in the covering email with this letter. You should have been given full details of your procedure including a procedure code with which to approach your insurer in order to arrange authorisation. If you have not yet been given this information, please telephone the clinic on 0207 118 0250.

Please see the information at the bottom of this letter which includes essential advice.

IMPORTANT re the timing of procedures: PLEASE NOTE that hospital admission times are approximate and that patients will be admitted on a staggered basis. Please arrive at the time on your admission letter/email from the Hospital. **Your Consultant may be treating patients in theatre until as late as 8pm so please plan on being at the hospital for the duration of the evening - please bring reading material and digital devices if required.** Thank you in advance for your patience and understanding.

If your circumstances change and you find that you are no longer able to attend this appointment, please let us know as soon as possible so that we can reschedule the appointment for you to a more convenient date and time. Please note that if you do not contact us at least 24 hours prior and/or fail to attend this appointment, you will still be charged the treatment fee (other than in extenuating circumstances). **IF YOU NEED TO MAKE CONTACT ON THE DAY OF THE APPOINTMENT AFTER 5 PM, PLEASE CALL 0207 935 1200 (The Hospital itself, as The London Pain Clinic office closes at 5pm).** **Please do not use this number at any other time.**

If you have any other questions regarding your admission you can call the Weymouth Street hospital Bookings Office on 0203 075 2332 but otherwise all information regarding the hospital can be viewed at: <https://www.weymouthstreethospital.com/>

You will receive pre admission details, pre-admission questionnaire for completion and a brochure directly from the hospital prior to your procedure but if you do not receive this please contact the Bookings Office on 0203 075 2332.

Please be aware that any extra procedures not pre-booked, as well as any take home medication, physiotherapy aids, histology costs or food and beverages for any visitors must be paid in full before discharge. In the event of cancellation, please notify the hospital a minimum of 48 hours prior to surgery otherwise a fee may be incurred.

London Pain Clinic Consultant fees and Anaesthetist fees

If you are self-funding, please ensure that you have paid your Consultant and Anaesthetic fees in full by calling the London Pain Clinic on 0207 118 0250 in advance of your procedure. If you are insured, we require your Insurance pre-authorisation code, in advance of your appointment.

Weymouth Hospital fees

The Hospital will also require full payment of their fees (including any injectables i.e. Botulinum Toxin A or Synvisc) in advance but they will contact you directly in this regard

Self-funding: Payment is requested seven days prior to your admission.

Online payments: You can pay securely online via our website [click here](#) to access the portal.

Card payments: We accept all major debit and credit cards with the exception of American Express or Diners.

For BACS payments:

Bank Details: BARCLAYS BANK

Account Name: Weymouth Clinic Ltd

Sort Code: 20-36-47

Account Number: 53180468

Please note that any BACS payments must be made at least 7 days' prior to admission. When making payment, please include your admission date and the patient name.

Cash payments: If you would like to make a cash payment, please call 020 7935 1200 so that we can arrange accordingly.

Insured patients: Please pre-authorise your treatment prior to admission. Your doctors will discuss their bills which are not included in the hospital charges. Please note your policy may not cover all of your care and any outstanding charges will need to be settled before departure or will be charged to your credit card where final costs are not available on discharge.

Cancellation Policy: Please provide us with at least 48 hours' notice of cancellation or a fee will be incurred. If you notify us between 24 and 48 hours prior to admission, you will be liable for 25% of the hospital fee. If we receive cancellation within 24 hours of the planned procedure a fee of 50% will be payable. If cancellation of an overnight stay occurs on the admission day, you will be refunded £100. All cancellations need to be notified to the Weymouth Street Hospital email: bookings@weymouthhospital.com or Fax: 020 3075 2340 and also, please notify the London Pain Clinic 0207 118 0250

Please note, we do ask for your card details upon arrival to the hospital to cover any extra charges incurred on the day of your procedure not already included in your quoted hospital fee, such as prosthesis, take home medication, radiology, histology fees or physiotherapy/physio aids.

You may be liable for an additional charge should you wish to extend your stay with us.

This is a daycase treatment appointment and you will therefore be admitted to the hospital and shown to your room upon arrival. Your Consultant and the Anaesthetist will meet with you prior to the procedure and will be able to answer any additional questions.

Please see the information at the bottom of this letter which includes essential advice.

Please ensure that we have your current GP/primary care doctor's details as we will need to write to them directly following your procedure to keep them updated regarding your treatment plan. This is a mandatory clinic requirement.

We look forward to seeing you and answering any questions you may have.

The London Pain Clinic Team

Pre-Appointment Information

Consent

Your Consultant will explain the procedure and obtain informed consent. He will also be able to answer any other questions you may have.

Medication

Please inform us, well in advance of your procedure if you are on any blood thinning medications, including Warfarin, Heparin, Clopidogrel, Rivaroxaban or Aspirin. **IMPORTANT: You should stop taking Clopidogrel / Aspirin 7-10 days prior to your procedure and Warfarin / Rivaroxaban 3-4 days prior to your procedure, as there can be a small risk of bleeding in the nerve roots.**

Please check directly with your prescribing physician that you are safe to stop your medication for the duration recommended.

Allergies

Please inform us of any drug allergies (especially local anaesthetics) prior to your procedure.

Diabetic Patients

The majority of procedures involve the injection of steroid preparations, including Depomedrone and Triamcinolone. Steroid preparations can cause an elevation of blood glucose, usually for a few days post-injection. It is recommended that you regularly monitor your blood glucose level and if necessary consult with your GP/diabetes specialist/practice nurse. In some cases no action is required, in other cases oral hypoglycaemics may need the dose adjusting upwards and in other cases, insulin dosages may need to be adjusted or short-acting insulin may need to be introduced until the blood glucose stabilises. If you are diabetic please tell your Consultant before the procedure so that he can advise you further.

Eating and Drinking (Nil by Mouth period)

You should not eat anything for 6 hours before your procedure, but you can sip a small amount of clear fluid (i.e. not milk) up to 2 hours before your procedure.

Location

Your treatment will be carried out at the Weymouth Street Hospital, 42 – 46 Weymouth Street, London W1G 6NP

POST PROCEDURE ADVICE

Essential Guidance

Recovery

Once the procedure has been completed, you will be taken to the Recovery Area and, when you are more awake, to your private room. Once you are up, about and able to eat and drink, you will be able to go home. You should allow at least 1-3 hours before leaving the hospital after your procedure. You may well feel tired for the rest of the day following your procedure as a result of the sedation.

Benefits

The main benefits of pain management procedures include pain relief (or a reduction in pain), improved mobility and range of movement and an increase in quality of life.

Adverse Effects

There is the possibility of adverse effects with any medical procedure. However, minimally invasive pain management procedures have relatively few adverse effects. Occasionally, patients may have some discomfort at the site of injection - this is quite common and can last from a few hours to a few days, even a couple of weeks. This is usually amenable to over the counter preparations, including Paracetamol, Codeine, Ibuprofen or similar. If you require further information regarding this, please ask your nurse or medical practitioner. Temporary numbness, weakness, pins and needles in the affected limb and mild discomfort at the treatment site can all

occur for a couple of days following the procedure. Patients often have a small bruise at the site of the injection.

Uncommon Adverse Effects

These are temporary and self-limiting adverse effects and include the following:

Local pain at the site of the injection

This can occasionally occur due to local bruising or muscle spasm and will settle down in a few days.

Myositis

Myositis is inflammation of the muscle. This can occasionally occur following injection with Botulinum Toxin A.

Worse Pain that occurs rarely:

As with all treatments, there is a possibility that your pain may worsen, particularly in the first few days following the injection. However, these are rare.

Headache

Very occasionally, 1 in 2000 people may experience a special type of headache, called a “spinal headache”. This occurs if the membrane, called the dura, is punctured and there is a leak of fluid from around the spine. This adverse effect is not dangerous but it can lead to a headache following the injection. It is most important that you remain absolutely still during the procedure to reduce the risk of this occurring. If you experience this type of headache please contact the London Pain Clinic, as soon as possible or your local healthcare services, if out of office hours.

Steroid effects

Very occasionally, patients can suffer with facial flushing, increased appetite and raised blood glucose (in diabetics), although these tend to be self-limiting and may only last a day or two following the injection.

Infection (occurring in less than 0.01% of cases)

Serious infections include the development of an epidural abscess. This is a rare risk and is completely minimised by the use of strict sterile techniques including antiseptic sprays, sterile procedure packs, sterile gloves and gowns etc.

Bleeding

For those patients taking blood thinning agents (for example Aspirin, Warfarin, Clopidogrel, Heparin, Rivaroxaban) they are more likely to bleed/bruise locally from the puncture sites.

Haematoma

Very rarely excessive bleeding can occur in the epidural space. In this instance, an epidural haematoma can form. Again, this is far more likely in those patients who are either on blood thinning agents (for example Aspirin, Warfarin, Clopidogrel, Heparin, Rivaroxaban) or who have abnormal blood clotting.

Nerve damage

There is a risk of damage to nerves by these procedures. However, the risk is very low and the incidents of permanent nerve damage are extremely rare.

Spinal anaesthesia

This is a rare complication in which local anaesthetic mixes with the fluid around the spine. Should this happen, you may experience temporary reduction in power and sensation in the limbs and occasionally patients may have a reduction in the level of consciousness. This is a very rare occurrence. However, where it does occur, the full facilities are immediately available to manage this. Where this does occur, patients will have to stay longer in hospital before being discharged.

Anaphylaxis

This is a severe but extremely rare allergic reaction caused by injection of local anaesthetic. If you have any drug allergies, in particular to local anaesthetics, please inform your nurse and medical practitioner prior to your procedure.

Failure

An injection failing to provide symptomatic relief.

After your procedure

Take things easy for the rest of the day. Do not participate in excessive exercise or heavy work/activity in the first few days. Continue to take your analgesic medication until you notice improvement in your symptoms, which may take 10-14 days, or sometimes longer.

If your pain management procedure is part of a wider treatment plan including physical therapy and/or pain psychology, ensure that you continue with this in order to derive the maximum possible benefit from your treatment. You should refrain from physical therapy for around 10-15 days following your procedure to allow your body to rest and recover.

As a general rule, where patients have a good response to their minimally invasive procedure, pain relief should normally last at least 6 months and radiofrequency denervation 9-12 months. Sometimes, it may be necessary to repeat the procedure.

A follow up appointment will usually be arranged in clinic 4-6 weeks following your procedure, when your Consultant will review your progress and symptoms.

You should contact the London Pain Clinic Team on 0207 118 0250 if you have a persistent headache, pain that is not controllable with your prescribed medication, if you feel nauseous or if you experience bowel or bladder problems.

If your symptoms worsen or become severe, out of normal London Pain Clinic office hours, please contact your local GP or Accident and Emergency department for advice.

Yours sincerely,

The London Pain Clinic Team

FAQs

How will I be sedated?

If you are being sedated, an anaesthetic agent together with a fast-acting, strong painkiller will be administered intravenously. You will be sedated as much or little as is necessary by a Consultant Anaesthetist and this will be dependent upon procedure.

Your Consultant will always talk you through your treatment and you will only receive as much sedation as you require. In addition to sedation, you receive local anaesthesia to the treatment site.

All of our Anaesthetists are Consultants and the patient experience is exceptional in this regard.

Your Consultant is always happy to discuss the issue of sedation, or anything related to your procedure with you at the hospital before your procedure commences.

You must not drive home following your sedation until you have at least had a night's sleep – it is preferable for you to wait a full 24 hours before driving.

What are the success rates of the pain management procedures you offer?

As with all medical and surgical procedures, no guarantees can be offered, as the benefit derived will differ from person to person, dependent upon many different physiological variables.

We can however assure you that approximately 65% of patients experience a minimum of 40% reduction in pain for around six months having undergone a pain management procedure such as injections, or for around 9-12 months following radiofrequency treatment.

The need for any repeat procedure would depend on your personal benefit derived from the treatment and this would need to be evaluated post-procedure.

How long will my procedure take and how long will I be in hospital?

Most procedures take no longer than 30-45 minutes.

Following your procedures, you will be required to stay on the ward for approximately 2-4 hours for observation purposes following your sedation.

Do I need to tell you about any medication I am taking or any medical conditions that I have?

YES please – this is absolutely critical.

IMPORTANT: Please inform the Clinic team before your treatment date if you are on any blood thinning medications, including Warfarin, Heparin, Clopidogrel, Rivaroxaban or Aspirin.

IMPORTANT: You should stop taking Clopidogrel / Aspirin 7-10 days prior to your procedure and Warfarin / Rivaroxaban 3-4 days prior to your procedure, as there can be a small risk of bleeding in the nerve roots. **Please check directly with your prescribing physician that you are safe to stop your medication for the duration recommended.**

Why am I still in pain when I had my pain management procedure nearly two weeks ago?

Most patients' post-procedural discomfort and pain settles within a week or sometimes up to two, but *very occasionally* some patients need up to four weeks for this to completely subside. Within two weeks, most patients are without any post-procedural pain, by which time the benefits should start to become very evident. You should continue with your medication as usual following your treatment.

Additional information

If you have any further questions on the day of your treatment, please discuss these with your admitting nurse or your Consultant prior to treatment.

If you have any problems, please contact the Pain Clinic on 0207 118 0250.

If you would like to discuss the risks and benefits of your procedure in more detail, or have any other questions about your procedure, which have not been answered in this leaflet, please discuss these with Your Consultant before your procedure.

A follow up appointment will usually be arranged in clinic 4-6 weeks following your procedure, when Your Consultant will review your progress and symptoms.

Yours sincerely,

The London Pain Clinic Team

Please note: If you have medical insurance, you are required to provide a valid pre-authorisation/approval number prior to your consultation. If your insurance company do not authorise your consultation, you will be responsible for our fee. Please note also, that if your insurance company do not authorise full payment, you will be responsible for any shortfall. Please refer to our Terms and Conditions for further details.