

Pain Management at the Surgery Centre

What is pain management?

When you have chronic pain, there are treatment interventions that may help control or get rid of pain. These interventions involve using injections guided by x-ray. These are done in the operating room at the Surgery Centre. Your doctor will explain the exact treatment you are having before you agree and sign a consent form.

Making plans for the day of your procedure

- If you are having sedation, you must have a responsible adult pick you up, take you home and stay with you the first night. This person is called your contact person/driver.
- Come to the Surgery Centre on the day of your procedure with your contact person/driver and his or her telephone number. Your contact person/driver must keep his or her cell phone on at all times if he or she is not staying in the Surgery Centre Waiting room. This person must be able to get to the Surgery Centre Waiting room in 15 minutes when called.

Important Message

If you need to cancel this appointment, please contact your doctor right away to allow for another patient to be booked in the time slot.

The day of your procedure

- Follow all of the instructions your doctor has given you.
- Remove make-up, lipstick and nail polish from fingers and toes.
- Remove all jewellery such as earrings, necklaces, body piercings, rings, watch and leave at home.
- Leave money, wallet, purse and items of value at home.
- Take a bath or shower and wash your hair.

The day of your procedure (continued)

- Wear a short sleeve top with buttons or zipper, pull-on pants and walking shoes with low heels. Wear slip on shoes if you have them.
- Wear your hearing aid(s). You will need your hearing aid(s) while you get ready for surgery and talk to the nurse and doctor. The nurse will tell you when to remove your aid(s) and put with your belongings.

- **Come to the Surgery Centre Waiting Room 1 hour before your assigned surgery time. It takes 1 hour to get you ready.**
- **Bring your health card and medication.**

What happens in the Surgery Centre?

Your contact person/driver is asked to wait in the waiting room while you are prepared for surgery. If you need help with translation your contact person/driver will come into the preparation area with you to help out.

When the nurse invites you in, you will remove your clothes and keep your underwear on. You then put a hospital gown on.

The doctor comes to see you and puts his or her initials near the procedure site with a special pen. Your contact person/driver can then wait with you until you go to the operating room.

You are then taken to the operating room. The surgical team greets you and checks your name, allergies, the procedure being done and location. This is called the 'surgical pause'. Your procedure may take up to 1 hour.

How will I feel after my procedure?

You may have some pain or discomfort. You can take pain medication such as Tylenol[®] or other medication ordered by your doctor.

If the pain or discomfort is severe after you go home, call your doctor or go to the nearest Emergency.

When do I go home?

When you come back from the operating room, your nurse monitors your blood pressure, heart, and oxygen. You will also have a drink.

Your nurse reviews the 'after surgery' instructions with you and your care helper.

For your safety, when needed, your nurse will help you get up the first time after surgery. You then get dressed and use the washroom.

A volunteer may escort you to the front door for your pick-up.

What activities can I do at home?

Your doctor will tell you what activities you can do after your procedure during an office visit with your doctor.

Follow your doctor's instructions when you go home.

When do I see the doctor again?

You may be given a follow-up appointment to see your doctor.

If you do not have a follow-up appointment, you may be advised to contact the doctor's office to make one. It is important to do this and keep this appointment.

Bring all your medications and any forms you need filled out with you to your follow-up appointment.

