

MDC Pain Centres Namibia

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Spinal Orthopaedic Surgeon / Pain Specialist

PR. No: 2804050

Check List

Before your procedure – please tick off against each item to fully prepare yourself for the proposed treatment.

1	<i>A valid authorisation code has been obtained</i> from your medical aid/insurance and has been provided to the Pain Clinic and the hospital	
2	<i>Before you sign consent</i> for the procedure you are satisfied that you fully understand the nature and risks of the procedure	
3	<i>All anticoagulants must be stopped for 3 days</i> - (warfarin, aspirin, plavix, clexane, voltaren, celebrex, etc) All other meds should be taken as prescribed --- Please ensure you check with us if there is any doubt! ----	
4	<i>All medication you have taken in the last month</i> have or will be disclosed to your pain doctor and the anaesthetist eg blood pressure meds, diabetes meds, blood thinners, home remedies, etc	
5	<i>All previous medical conditions have or will be disclosed</i> to your pain doctor and the anaesthetist eg asthma, diabetes	
6	<i>All potential risks have or will be disclosed</i> to your pain doctor and the anaesthetist eg allergies, DVT history, porphyria etc	
7	<i>Test blocks - Only Discovery requires these steps.</i> This is a test of whether or not the proposed treatment is likely to succeed, ie. to identify the pain generator. <i>Test blocks may only last 24-48 hrs or until the local anaesthetic wears off.</i> You are required to maintain a pain diary to record how long you had pain relief and to report this back to the pain clinic at 48hrs and weekly thereafter. You fully understand that test blocks require you to have 2 or more procedures for complete treatment and that this is a requirement of your medical aid.	
8	<i>Treatment expectations.</i> The effect and duration of treatment varies between individuals and is impacted by the course of your underlying problem. Immediate relief to low or no pain is expected in the 24 hrs following test blocks or treatment. This is the effect of the local anaesthetic. If you don't take your medication following the procedure you will experience pain from the actual procedure. If you take the medications prescribed, discomfort should be mild or insignificant. Anticipate this phase should last up to 25 days post procedure. Thereafter we expect a variable "ups & downs" of pain declining over another 2 weeks. Full effect is generally at about 45 days. Any deviation from this should be reported to us immediately so we can reassess your condition.	
9	<i>On the day of the procedure you may not drive or get yourself home unaided</i> - assistance must be arranged	
10	<i>If you require a sick note</i> - you must specify the details required, employee number etc to the pain clinic ahead of the procedure to ensure the paperwork is completed. This cannot be done in the ward at hospital.	
11	<i>Separate invoices will be received from the Pain Clinic, Anaesthetist, Hospital, Physio etc. Please ensure you have checked your medical aid benefits as any amount not covered will be for your personal account.</i>	

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After your procedure - please tick off against each item before you leave the hospital.

1	<i>Valuables</i> have been retrieved and are all accounted for	
2	<i>Discharge</i> has been signed by your doctor and yourself	
3	You have your " <i>TTO</i> " (<i>take home prescription</i>) - to fill at your regular chemist. Take these meds as directed.	
4	Alternatively, collect a <i>short term supply of medications from the hospital</i> if your " <i>TTO</i> " has not been filled	
5	<i>Pre-arranged sick note</i> has been provided - <i>if you have not pre-arranged you will have to collect from the pain clinic following provision of all the details required. Expect some delay as this admin work is done only weekly.</i>	
6	For the <i>first 2 - 3 weeks</i> you will be careful not to over exert yourself. NO GYM ! Resume your exercise only following our guidance please. Failure to pay attention to this may potentially harm you and impede recovery!	
7	You have a <i>rehabilitation</i> chart and know what to do. (Stretching for 2 weeks, graduated physio for 3 months)	
8	You have or will <i>arrange rehabilitation/physiotherapy</i> as prescribed by your doctor	
9	You will <i>call the pain clinic aprox. 48 hrs after the procedure</i> to report your immediate progress	
10	You will make an <i>appointment for follow up aprox. 3 weeks following the procedure.</i>	
11	<i>Resume all normal medications within 24 hrs of the procedure</i>	