

INFORMATION FOR PATIENTS

Pain Management - Preoperative Clinic

Why I have been asked to see a pain specialist nurse in clinic?

The surgeon has advised a surgical treatment option for you. Some patients who are already taking strong pain relief for chronic pain have the opportunity to discuss their postoperative analgesia with a pain specialist nurse. Seeing someone prior to surgery can be both helpful for patients and their surgeon/anaesthetist as it gives time to discuss and formulate a plan following surgery.

By having a plan, patients feel they have some control and are less fearful in what to expect following their surgery. The appointment gives you the chance to discuss any anxieties you may have surrounding your pain relief/surgery.

What will happen during my appointment with the pain specialist nurse?

The pain specialist nurse will need a list of your current pain relief and will need to know whether you had any side-effects with any pain relief in the past. The nurse will discuss whether you need any changes to your current analgesia prior to surgery; this could include a change to a different pain relief or a reduction in your current prescription if on high doses of strong opioid pain relief. You will also be given advice on alternative ways how to manage your pain and anxieties.

It is important to still take your regular pain relief on the day of surgery unless you are told otherwise by the preoperative nurse/pain specialist nurse. This is because you are already tolerant to the pain relief you take, and if this is not taken it may pose problems after your operation

A letter is generated for your GP in what was discussed, highlighting if changes are needed before your surgery. A copy can be given to you on request.

Will the pain specialist nurse see me in hospital?

Not necessarily as there will be a plan for the anaesthetist/medical team to follow. Should you feel that your pain is not managed then the ward staff may contact the nurse for a review if needed.

Do I need to bring anything?

The pain specialist nurse will have all your information from the preoperative assessment nurses, but please bring a list of your pain relief and a family member/friend should you wish to.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: PET@sfh-tr.nhs.uk

If you need this information in a different language or format, please contact the PET (as above).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email patient.information@sfh-tr.nhs.uk or telephone 01623 622515, extension 6927.

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