

well & you

a better way to care

Chronic Pain & Neuropathy The Info Sheet



Scan the QR Code for a
video explaining your
Chronic Pain & Neuropathy
Treatment Journey



Chronic Pain: What You Need to Know

What Is Chronic Pain?

When your body's "alarm" keeps ringing after an injury or illness should have healed. It can be set off by:

- Nerve injuries or irritation (neuropathy, nerve compression)
- Joint wear-and-tear (arthritis, degenerative changes)
- Pain after surgery or medical procedures
- Amputation-related pain (phantom limb pain, residual limb pain)

Pain Types

- Injury Pain: Feels sore or achy in your muscles, bones, or joints (like a sprain, post-procedure, or arthritis).
- Nerve Pain: Sharp, burning, or "tingly" feelings from a hurt or pinched nerve.
- Mixed Pain: A combination of both injury and nerve pain.
- Phantom limb pain: Aching, burning, or shock-like sensations that feel as though they come from a body part that has been amputated.



Nerve Pain Explained

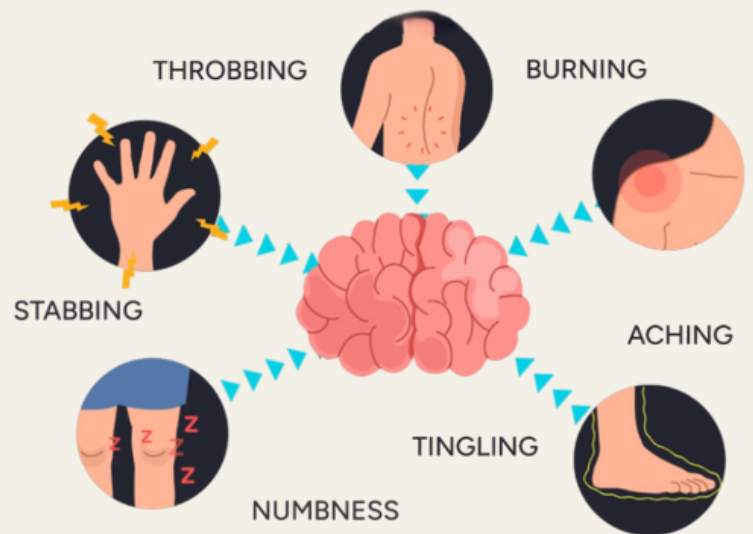
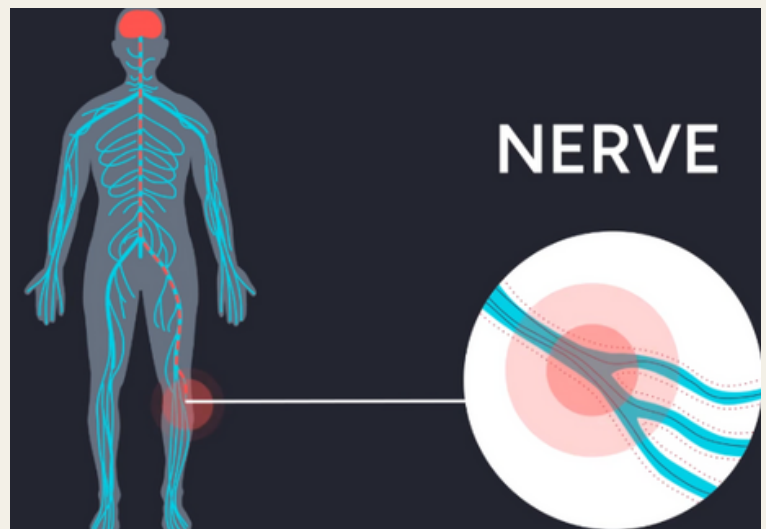
What Is Neuropathic (Nerve) Pain?

Nerve pain, or neuropathy, is pain caused from damaged or irritated nerves in your arms and legs . Common triggers include:

- Injury to a nerve
 - Caused by conditions like diabetes, medications/chemicals, & autoimmune disorders.
- Injury to a joint
 - Caused by conditions arthritis
- Post-surgical nerve irritation or damage

Key Characteristics:

- Burning, “pins and needles”, or “electric shock” sensations
- Numbness in hands or feet
- Pain that may worsen at night or with temperature changes
- Often resistant to standard pain medications



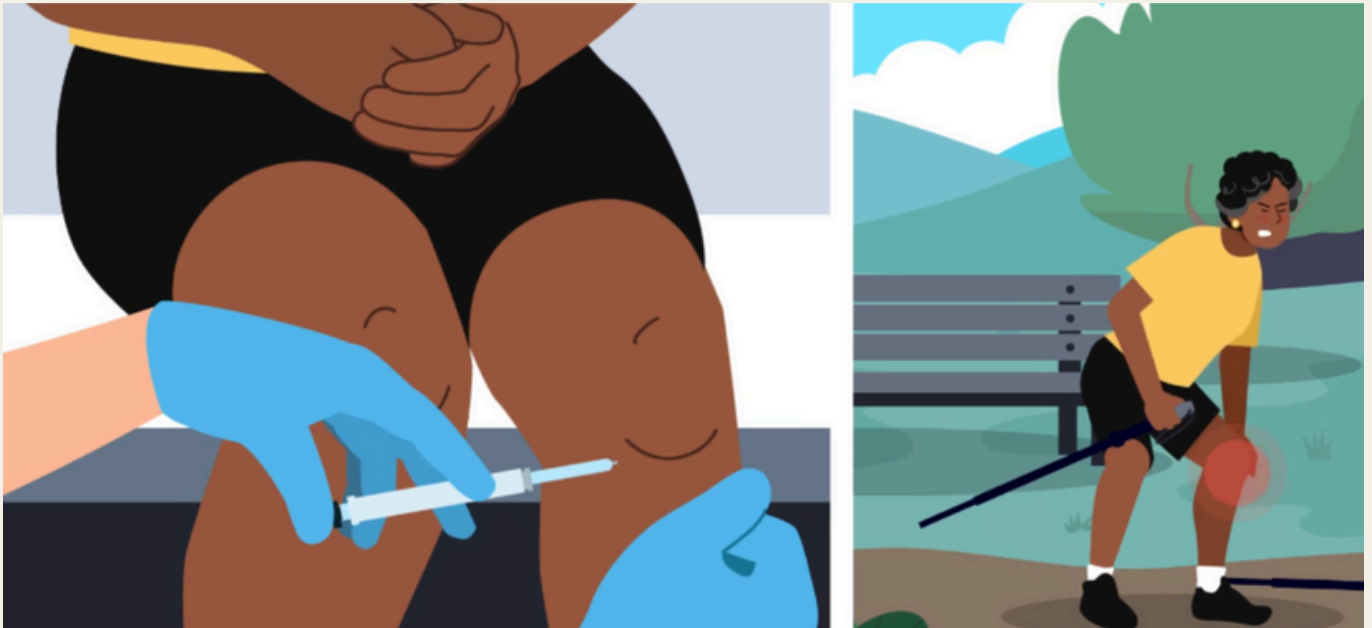
Your Step-By-Step Pain Relief Journey

Step 1: Initial Check & Symptom Mapping

- You've had pain (injury, nerve, or mixed) for at least 3 months and tried PT, medicines, and counseling.
- We confirm there are no other reversible causes.
- We do a quick exam to map exactly where you feel burning, tingling, or numbness.

Step 2: Steroid Injection / Nerve Block Trial

- We inject a small amount of numbing medicine + steroid by the target nerve, this is done IF the targeted area of your pain is unclear.
- 2 weeks later:
 - If pain is reduced greater than 50%, we schedule a PNS Trial.



Step 3: PNS Trial

- Under moderate sedation, we insert a temporary PNS lead to the targeted area of your pain.
- 3-5 days later:
 - If pain is still reduced greater than 50%, we schedule a permanent device insertion.

Step 4: Permanent Nerve Stimulator

- Under moderate sedation, we insert a PNS to the targeted area of your pain.
- 2 weeks later: Follow up appointment scheduled to ensure continued pain relief and comfort.

Device & Injection Info

Tool	What It Is	Trial Length
Nerve Block	Quick numbing injection to confirm your pain location	Hours to Days
PNS	Long-term stimulation via implanted lead + generator	If $\geq 50\%$ relief in 5–7 days, schedule implant permanent stimulator (lead + rechargeable generator)

Permanent Treatment & Care

- No device left from the nerve block—just follow-up.
- PNS: We implant lead + rechargeable generator and teach you about home care.

Follow-Up Schedule

- 2 Weeks: Check comfort and ensure continued pain relief
- 3 Months: Review pain relief & adjust PNS settings
- Annually:
 - PNS: Battery & device check

Chronic Pain & Neuropathy: FAQ's

Why not just pills?

Pills spread everywhere - these tools zero in on the exact problem.

Are the trials or implants painful?

You get numbing medicine and mild sedation for the permanent peripheral nerve stimulator procedure. Most feel only soreness afterward.

What are the risks?

Infection (<1%), lead move (≤10%), nerve irritation.

How soon will I know if it works?

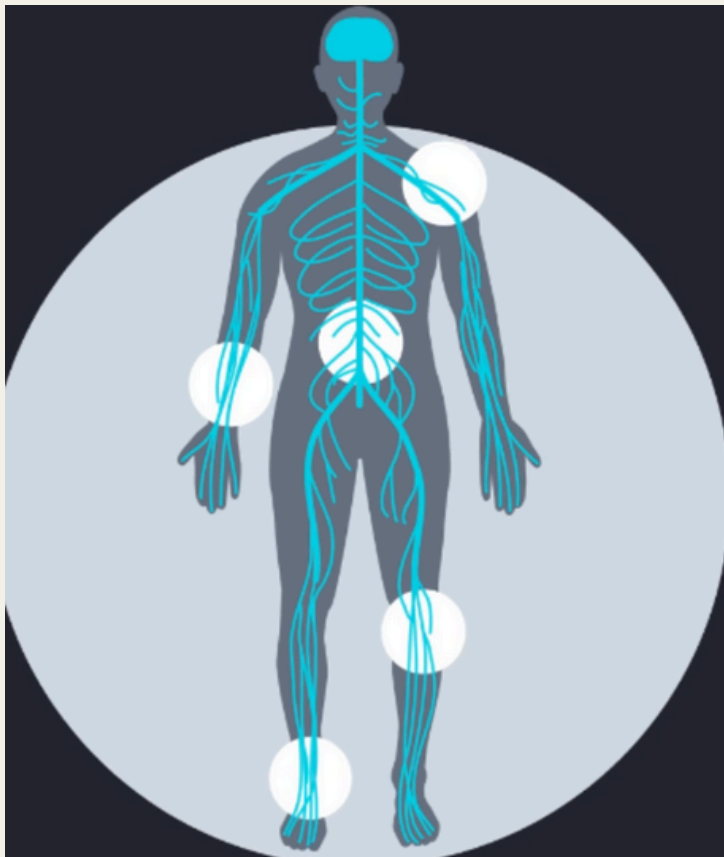
Nerve blocks show relief in hours; PNS trial in 5–7 days.

What if I need adjustments?

We reprogram PNS in the clinic—no new surgery.

Can I return to activities?

Light use in a day or two; full activity in a few weeks.



Shoulder
Arm
Lower Back
Knee
Foot & Ankle

Understanding Pain and Sedation

Understanding Pain and Sedation During Your Procedure

Everyone experiences pain and sedation differently, and your comfort level during the procedure can depend on several factors, including your body's response to anesthesia. For example, individuals who regularly consume alcohol or those living with chronic pain may require adjustments to achieve the right level of sedation.

Our goal is to ensure you are as comfortable as possible while keeping your safety our top priority. While we aim to provide effective pain relief, it's important to recognize that over-sedation carries certain risks, which our medical team carefully monitors and manages.

