

Patient Information

Trauma and Orthopaedics

Pain diary after steroid injection

Patient name:

Hospital number:

You have had a steroid injection for diagnostic and therapeutic reasons. To help assess pain relief and to plan for further treatment, please circle the level of pain on a scale of 0 to 10.

Please bring this to your next appointment in 8 to 12 weeks' time.

0 = no pain and 10 = worst pain you could imagine

Rate the level of pain before injection:

0 1 2 3 4 5 6 7 8 9 10

Rate the level of pain one hour after injection:

0 1 2 3 4 5 6 7 8 9 10

Rate the level of pain 24 hours after injection:

0 1 2 3 4 5 6 7 8 9 10

Rate the level of pain 5 days after injection:

0 1 2 3 4 5 6 7 8 9 10

Rate the level of pain 2 weeks after injection:

0 1 2 3 4 5 6 7 8 9 10

Rate the level of pain 8 weeks after injection:

0 1 2 3 4 5 6 7 8 9 10



Patient Information

Contact details

Consultants' secretaries (Monday – Friday, 8am to 4.30pm)

- Mr Dhukaram – Jas Viridi 024 7696 5095
- Mrs Chapman – Sophie Carvell/Amber Jolliffe 024 7696 7117
- Mr Ali – Claire Merrall 024 7696 5073

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 5095 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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Document History

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