

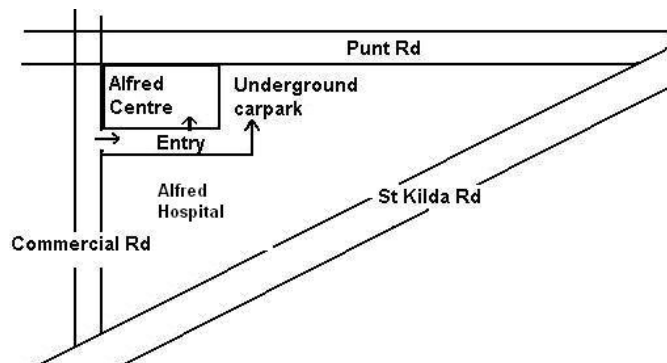
## Alfred Hospital Injection Procedures

You have been referred for an injection under local anaesthetic to be performed by Dr Victor Wilk at The Alfred Hospital in Prahran. All appointments are to be made through the front Reception Desk at Brighton Spinal Group and a copy of the referral form faxed to the Alfred Hospital. If you wish to change your allotted appointment time, please notify the Reception Desk at Brighton Spinal Group on 9596 7211.

The procedures are performed in the Fluoroscopy Suite of the "The Alfred Centre" as out-patient procedures. Each procedure takes approximately 20 to 30 minutes and you need to arrive 10 minutes before your allotted procedure time to register at the reception desk.

### How to get there:

The Alfred Centre is located on the corner of Punt Rd and Commercial Rd Prahran. Parking on the street is scarce. You can have someone drop you at the front door then look for a spot or the easiest way to enter the carpark off Commercial Rd near the corner of Punt Rd and then take the lift to Level one at "The Alfred Centre" and report to reception.



### What do I need to bring?

If you have received a referral notice please present this to the staff at the Alfred Centre, a copy of this will have been faxed to them from the Brighton Spinal Group.

### Can I eat and drink anything beforehand?

As all the procedures are done under local anaesthetic there are no specific dietary instructions. If you are taking medications that may affect your blood pressure or tendency for bleeding, please notify Dr Victor Wilk in the X-ray Suite. There are no restrictions on eating or drinking immediately afterwards.

### The Procedure:

For most procedures loose comfortable clothing is best. It is usually unnecessary to undress completely and often a T-shirt and track suit is the easiest. Prior to the procedure an assessment of your pain will be made and you will be asked to lie down on the examination table. A large x-ray machine will then be brought in to position and live pictures of your spine taken so that the needle can be guided into the correct position under direct x-ray vision. Using a real time x-ray machine means that any risk of inadvertent straying of the needle or damage to structures is minimised. Photographs are taken of the needle in its final position which are kept as a record of the procedure. Your pain will be re-assessed immediately after the procedure and you will usually be asked to complete a pain chart over the next few hours following the procedure. Please present this to your referring doctor at your next appointment.

### Driving Home:

Certain procedures may result in some numbness or weakness in one leg or, in the case of injections to the upper cervical spine, there may be some disturbance of balance. In the case of upper neck injections or epidural injections, it is safest to have someone else drive you home from the procedure.

### Costs:

For pensioners and private patients The Alfred Hospital will bulk bill you for the use of the x-ray facilities. You will still, however, receive an account from Dr Wilk for performing the actual injection procedure, from Brighton Spinal Group. As a rough guide you can expect to receive 50% of the rebate back from Medicare. Unfortunately, this is not claimable through private health insurance. For patients covered by Worker's Compensation or TAC, the fees are fully covered, but prior approval may be needed.

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