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PRE-PROCEDURE INFORMATION

The purpose of most procedures is to help reduce your pain. They can also be diagnostic procedures to further help localize the source of your pain. The procedures may not relieve all of your pain, but they may help improve your overall level of function. They are often used in conjunction with a physical conditioning program. The following is a list of procedures that may be performed and their purpose.

Cervical/Thoracic Epidural Steroid Injection - Relieve neck pain, upper back and/or arm pain by reducing inflammation and for diagnostic purposes to localize your pain.

Cervical Facet/Medial Branch Block - Relieve neck, upper back pain and/or headache by reducing inflammation and for diagnostic purposes to localize your pain.

Lumbar Epidural Steroid Injection - Relieve low back pain and/or leg pain by reducing inflammation and for diagnostic purposes to localize your pain.

Sacroiliac Joint Injection - Relieve low back, pelvic and buttocks pain by reducing inflammation and for diagnostic purposes to localize your pain.

Lumbar Facet/Medial Branch Block - Relieve low back pain by reducing inflammation and for diagnostic purposes to localize your pain.

Radiofrequency Ablation - Relieve facet joint mediated pain after successful medial branch blocks.

Trigger Point Injections - Relieve pain associated with muscle tenderness.

Prolotherapy - Relieve pain by stimulating the body's natural healing process. (no steroids are used)

Day of Procedure Instructions:

- You **MUST** have an adult driver with you, who will take you home and accept responsibility for you.
- Be aware that you may have an IV placed for your procedure.
- Wear loose, comfortable clothing.
- If you have a fever or infection, please notify us. Your procedure may need to be rescheduled.
- Because we do not use IV sedation, it is OK to eat and drink before your procedure.
- Please advise the physician if you are pregnant or if there is a chance you may be pregnant

Medication Instructions:

- If you were prescribed oral sedation for your procedure, take one pill one hour before your scheduled procedure. Bring the remaining pill with you in case additional sedation is needed.
- Please take all prescribed medications for blood pressure, diabetes, heart disease and thyroid disease.
- Non-steroidal anti-inflammatory drugs (NSAIDs) such as Advil (ibuprofen), Aleve (naproxen), Mobic (meloxicam), or indomethacin must be stopped 5 days prior to any procedure on the neck and all prolotherapy procedures.
- Anti-coagulants (blood-thinning medications). These must be stopped prior to your procedure. Please check with your primary care doctor or the prescribing physician before discontinuing these medications.
- Plavix, Ticlid, Pradaxa, Aggrenox: stop one week (7 days) prior to procedure.
- Aspirin (Goody's, BC Powders, Excedrin): stop one week (7 days) prior to procedure.
- Coumadin (warfarin): stop one week (7 days) prior to procedure. You may be asked to have a PT/PTT drawn on the day prior to your procedure.
- Lovenox (enoxaparin): stop one day (24 hours) prior to procedure.

Possible Side Effects:

- Agitation, restlessness, headaches, sleep problems, and facial flushing due to steroids.
- Regional numbness or weakness, and dizziness. You may have increased numbness for ½ hour to 6 hours after the procedure.
- Fainting may occur. We advise you not to operate a vehicle or perform any activities that require coordination for 12 hours after the procedure.
- Reactions to medications may include allergic reaction and/or temporary decrease in blood pressure that may require additional treatment. These problems occur less than one percent of the time.
- Increased pain may occur in up to twenty percent of patients, lasting from 1-3 days after the procedure.
- Patients may have a headache after the procedure. Treatment usually requires oral fluids and over the counter pain medications or may necessitate additional procedures. Contact our office if headache limits your regular activities.
- Other rare complications include hip bone damage caused by excessive steroids, temporary or permanent nerve impairment, infection or bleeding.

If you have any questions, please give us a call at **(919) 439-7867**. We look forward to seeing you!