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## Pre Procedure Instructions

### Preparation:

- **Do not eat or drink** anything for at least **6 hours** prior to your procedure. You may drink small amounts of water to take your medications up to 2 hours prior to your procedure.
- Arrive 15 minutes before your scheduled procedure to fill out paper work.
- **You must have a driver** to take you home. You cannot drive yourself or take public transportation such as a bus or taxi if you have sedation.
- Continue all your usual medications unless instructed otherwise.
- **Hold prescribed blood thinners** (Coumadin, Plavix, Pradaxa, Lovenox, Aggrenox, etc.) as directed by your prescribing physician, usually for 5 days before the procedure. Do not stop these medications without being instructed by your prescribing physician. Also hold over-the-counter blood thinners (Aspirin, Ibuprofen, Aleve, and other anti-inflammatory drugs) for 3 days.
- Bring your ID, insurance cards, and full medication list
- If you are a **diabetic**, please discuss your diet and insulin with your prescribing physician. Blood glucose levels above 250 may result in cancellation of your procedure.
- Wear comfortable clothes and leave all jewelry and other valuables at home.
- If you are late, your appointment may be delayed or rescheduled according to the doctor's schedule.
- If you have been prescribed antibiotics, please notify our office as it may be necessary to reschedule your appointment.

### During your procedure:

- If you are having sedation, you will have an intravenous (IV) catheter placed.
- Your blood pressure, pulse, and respirations will be monitored.
- You may need to change into a gown or loosen your clothes for the procedure.
- Your doctor will determine how you will be positioned for the procedure.
- You will receive a local anesthetic (numbing medication) at the injection site.
- Your family may wait for you in the waiting room.
- Typical procedures take 5 to 15 minutes. More complicated such as radiofrequency ablations, vertebroplasties and Spinal Cord Stimulator trials may take 15 to 60 minutes.

## After your procedure:

- In the recovery room:
  - You will remain in the recovery room approximately 15-30 minutes after your procedure.
  - Your blood pressure, pulse, and respirations will be monitored while in the recovery room.
- What to expect:
  - If you had sedation, you may remain sleepy or tired hours after the procedure.
  - You may have mild soreness or discomfort at the procedure site that will improve with time. A small amount of drainage or blood is normal.
  - You may have temporary numbness or weakness of the area treated immediately after treatment due to local anesthetic used (numbing medicine). Please notify our staff or go to your local ER if these symptoms last longer than 12 hours.
  - Pain relief may occur immediately after the procedure, but may also take several days. If you received a steroid injection, it may take 1 to 2 days to start feeling the benefit and 2 weeks for the maximal effect to take place.
  - If you are a diabetic, your blood sugar will likely be elevated the following day. Please monitor this closely and follow-up with your prescribing physician with any concerns.
  - Your blood pressure may be elevated the following day. If you note flushing, redness over the body, or headaches, be sure to check your blood pressure and contact your primary care physician if elevated or go to the emergency room.
  - If you have steroids, it may cause menstrual irregularities. If these last over 1 month, contact your gynecologist.
  - Someone from our office will contact you the next business day to follow-up with you and confirm a follow-up appointment has been scheduled.
  - Notify your doctor if you develop any of the following: **fever >101 degrees, progressive new area of numbness or pain, rash, excessive itching, inability to urinate for more than 8 hours, severe nausea or vomiting, severe headache that subsides when lying down.**
- What to Do:
  - Avoid heavy lifting and strenuous activities. Gradually increase activity as able and tolerated. **Do not drive or operate heavy equipment for 24 hours.**
  - Arrange for a friend or relative to stay with you the day of the procedure to help you and to watch over you as a precautionary measure.
  - You may apply heat and/or ice to the area as needed, 20 minutes on/20 minutes off.
  - You may remove the Band-Aid after 2-3 hours or when showering. You may take baths the following day, unless otherwise instructed.
  - Although unlikely, watch for signs and symptoms of infection such as fever, chills, redness, increased pain, swelling and drainage at the procedure site. Call if any of these are noted.
  - Resume your normal diet whether it is low salt, diabetic, etc. No alcoholic beverages for 24 hours.
- Medications:
  - You may continue all medications, except for blood thinners which should be started the following day unless otherwise directed.
  - If you are given an antibiotic, take **ALL** as prescribed until you no longer have any pills.