



INSTRUCTIONS PRIOR TO SURGERY GENERAL GUIDELINES AND COMMON QUESTIONS

- **SCHEDULING/CANCELLATIONS/RESCHEDULING:**
Please contact Pain Care Physicians at (512) 326-5440 (option 5) as soon as possible if your procedure must be cancelled or rescheduled. Please do not contact the hospital directly. With few exceptions, to reschedule a procedure, you are required to visit the office to comply with insurance and hospital regulations regarding necessity of the procedure
- **TIME REQUIREMENTS:**
Please allow approximately three hours from entry to exit for the entire procedure, including paperwork and IV (intravenous line) placement.
- **DRIVING:**
You must bring a responsible adult driver with you to the procedure. The medical facility will not allow you to enter the patient area unless a driver has been verified.
- **DIET:**
For your safety, please do not eat or drink anything for 6 hours prior to your appointment time.
- **SEDATION:**
For your comfort, conscious sedation will be offered to you by the medical facility staff at the time of your procedure through intravenous line. Approximately half of our patients choose sedation to minimize discomfort during the injection procedure. **YOU WILL BE APPROXIMATELY "THREE QUARTERS ASLEEP"** which means that no assistive breathing machine will be used during the procedure unless an emergency situation warrants it.
- **INSURANCE PRECERTIFICATION:**
Pain Care Physicians requires 5-7 working days notice to pre-certify a procedure. We will notify the patient prior to the procedure if precertification is not available or denied. Also, please contact the precertification department (512) 512-5440 (option 5) at our office prior to the procedure for updates.
- **FINANCIAL CONCERNS:**
Please contact the Billing Director at (512) 326-5440 (option 7) to discuss charges regarding the injection procedure. Please note that you should contact the hospital directly (CTMC), as there will be a separate facility charge. In most cases the doctor will only perform covered procedures.



BEFORE YOUR PROCEDURE PLEASE NOTE

- **WORK STATUS:**

Patients should arrange to rest for the remainder of the day following the injection procedure. One can resume usual activities the morning following the procedure. Please request a work status at the time of arrival to the medical facility.

- **MEDICATIONS:**

It is important to bring all current medications with you at the time of the procedure. Please note that patients taking the following medications should be especially aware of specific instructions.

****The following medications require clearance from the prescribing provider****

- Aspirin
- Coumadin (Warfarin)
- Plavix
- Pradaxa
- NSAIDS (Non Steroidal Anti-Inflammatory), such as: advil, arthrotec, aspirin, ibuprofen, naproxen, relafen, etc.
- Diabetic meds such as: glucophage, glucovance, metformin, etc. Do not take within 24 hours before or after the procedure

****MEDICATION CAN BE RESUMED 24 HOURS AFTER PROCEDURE****

- **FEMALE PATIENTS/ PREGNANCY:**

Please notify our office to cancel all procedures and medications if there is a chance you may become pregnant before or during treatment.

- **HEALTH STATUS CHANGES:**

Please notify our office of any changes to your health status or medications.

- **BLOOD SUGAR/DIABETES:**

If you have borderline diabetes/hyperglycemia/blood sugar abnormalities, or insulin/non insulin dependent diabetes: Please remember to check your blood sugar often following the procedure and notify us of any abnormalities.

- **The following problems can rarely occur** following an injection and include but are not limited to: (in order from most serious to least serious) unusual/unpredictable reaction to one of the routine medications or components of the injection or sedation including death; allergic reaction to one of the medications or components of the injection or sedation; nerve damage or paralysis; increase in pain; headache; needle Trauma; blood pressure changes; blood sugar changes; adrenal gland suppression; bleeding or cerebrospinal fluid leak; Infection/fever; nausea/vomiting. Your doctor will NOT RECOMMEND THE PROCEDURE if the risks outweigh the benefits.



AFTER YOUR PROCEDURE PLEASE NOTE

- **GENERAL EXPECTATIONS FOR PAIN RELIEF:**

Pain relief is a variable experience. In general, the local anesthetic medication takes effect immediately and provides temporary relief. The steroid component can take from 3-7 days to take effect. This is supposed to be long lasting. Please refer to the handout provided at the time of your office visit for more information on cortisone.

- **ACTIVITY:**

Plan ahead to rest the remainder of the day following the procedure. A work status form can be provided upon request. Do not operate any heavy/dangerous machinery up to 12 hours following the procedure. It is common to experience numbness/tingling in the arms and legs for up to 12 hours following the procedure. For this reason, please do not operate any household tools such as knives, appliances, etc. for 12 hours. All band-aids and dressings can be removed within 8 hours.

- **REHABILITATION:**

Physical Therapy can be resumed after 24 hours. Chiropractic care can be resumed as soon as 6 hours after the procedure or as soon as the sedation wears off.

- **SEDATION:**

The effects of sedation will wear off gradually over 4- 12 hours. During that time, you may uncommonly experience headache, nausea, and fatigue. We suggest you do not make any important contractual decisions or operate any heavy machinery for the remainder of the day.

- **MEDICATIONS:**

Restart all your routine medications as soon as possible following the procedure. This is especially important for patients who take cardiac, vascular and diabetic medications.

- **DIET:**

You may resume your usual diet following the procedure.

- **SYMPTOMS TO NOTIFY YOUR PHYSICIAN:**

- Infection (redness, fluid drainage around injection site, fever, chills)
- Severe headache beginning 24 hours after leaving hospital
- Difficulty moving a body part (motor loss)
- Numbness, tingling, sedation, fatigue commonly occur following a procedure and will generally diminish with 12-24 hours.

- **FOLLOW UP:**

In general, patients should follow up in the office within 2-3 weeks of each injection to discuss results and outcome. One injection treatment generally consists of three procedures during which the patient receives maximum amount of steroid. The procedure can be repeated if partial relief occurs.