

PAIN MANAGEMENT PROCEDURE INFORMATION SHEET

Your doctor has ordered a Pain Management Procedure. Someone from The Surgery Center at Midlands Orthopaedics & Neurosurgery will be calling you to schedule the date and time of your appointment. If you have not received a call to schedule your appointment within 3-5 business days, please call (803) 933-6785 to check on the status of your appointment.

- You may eat a **normal breakfast or a light lunch** prior to this procedure. You do not need to reduce your intake of liquids.
- **You must have an adult accompany you on the day of the procedure who is capable of driving you home. If you do not have a driver the procedure may be cancelled.** The numbing medicine used for your procedure may temporarily affect the nerves in your legs, making it unsafe for you to drive.
- **You must stop any anti-coagulant (blood thinning) drugs as instructed (please see list provided). You will need to speak to your cardiologist or prescribing physician prior to stopping these medications to ensure it is safe to do so. Your physician must fax a written statement of clearance to discontinue prescription blood thinner medications to (803) 461-4742 and we must receive this before your appointment can be scheduled. Please stop taking NSAIDS (see reference list) at least 24 hours prior to your injection (unless otherwise instructed). You may take all other regular medications. Be prepared to inform us of your **drug allergies** when you arrive.**
- If you are **Diabetic**, please check your fasting blood sugar level the morning of your appointment. If your blood sugar is greater than 150 before you eat breakfast, please call 803-933-6785 and let us know. The doctor may delay your appointment until your blood sugar is lower.
- If you are taking antibiotics or running a fever (greater than 101F), the injection will need to be postponed until you have finished the antibiotics and are fever free. Please provide as much advanced notice as possible if you are sick. You may call (803) 933-6785.
- Please be aware that having any immunization or Flu shot within 2-3 weeks of the time of a **steroid** injection could cause the immunization or Flu shot to be ineffective.

For Epidural Steroid Injection: This procedure is performed to decrease the amount of discomfort you have in your spine, hip or leg. It is an x-ray guided steroid injection to calm inflammation. More than one injection may be needed to relieve symptoms. There may be complete relief for the first 4-6 hours due to the numbing medicine used during the procedure. Your prior symptoms may return after the numbing medicine wears off. This is not uncommon. The steroid takes up to 14 days to be maximally effective. The injection may be repeated if you do not get complete relief.

On rare occasions, the *epidural steroid injection* may penetrate the dura, the sack around the spinal cord. This may result in a spinal headache and is easily treated. Please notify the office at 803-256-4107 if you think you may have this complication.

For Medial Branch Blocks: This procedure is performed to determine if a localized area, such as an arthritic facet joint, is the source of your pain. If the procedure is successful at reducing your discomfort, a longer lasting procedure called a Radiofrequency Ablation may be ordered.

If you have any questions regarding the procedure, please contact us the day before the procedure at (803) 933-6785.

Please call one of our financial counselors prior to the procedure to determine the out of pocket cost.

Please notify our office (803) 933-6785 of cancellation at least 24 hours prior to the procedure to avoid a “no-show” charge.

The following *prescription* blood thinners require **written clearance** from the prescribing doctor prior to scheduling Pain Management Procedure appointments (These medications are not stopped for Medial Branch Block Procedures):

- Aggrenox stop 7 days prior to procedure
- Brilinta stop 7 days prior to procedure
- Coumadin stop 5 days prior and must have PT with INR lab done am of procedure.
- Effient stop 7 days
- Eliquis stop 4 days
- Plavix stop 7 days
- Pletal (Cilostazol) stop 5 days
- Pradaxa stop 5 days
- Xarelto stop 3 days
- Lovenox stop 24 hours
- NSAIDS stop 24 hours
- ASA stop 24 hours prior to a Lumbar Epidural Injection
- ASA stop 7 days prior to a Cervical Epidural Injection

All Anti-inflammatory medications should be stopped for 24 hours prior Pain Management Procedure appointments. Examples of NSAIDs include:

- Aspirin and aspirin products (must be stopped 7 days for Cervical Epidural Injection)
- Advil/Ibuprofen/Motrin
- Aleve/Naproxen/Naprosyn
- Mobic/Meloxicam
- Lodine/Ketorolac
- Celebrex/Celecoxib
- Relafen
- Voltaren/Diclofenac
- Cataflam
- Vimovo
- Duexis

If you have questions about stopping a medication you can discuss this with the person that calls you to schedule your appointment.