

Pre-Injection Instructions for Pain Management

The procedure cannot be performed if you have an active infection, flu, cold, fever and high uncontrolled blood pressure, or if you are on blood thinners. Please make your Physician aware of any of these conditions. This is for your safety! **If you are taking any NSAIDS like Motrin, Alieve, Aspirin, Naproxen, etc., you can continue taking it safely til the date of your procedure.**

On the day of the procedure, wear loose clothing. You must be accompanied by a responsible adult that will drive you home. The procedure will be cancelled if you don't. Expect that the pain may worsen for a day or two before you start having some benefits. You can use a cold compress or medications like Naproxen/Motrin/Tylenol for a short duration to alleviate the pain. Sometimes it may take a week before you notice any benefit. You may need to have a series of 3 injections for any benefit, each injection 2-3 weeks apart. X-ray will be used during each procedure. An IV access may be obtained for procedure. There are certain small risks involved with procedure. They include bloody tap and bleeding. Accidental dural tap may occur and give you a headache. Most headaches resolve spontaneously with rest and fluids. Rarely a blood patch may be required. Rarely nerve damage may occur, and it is even rarer to get paralysis. If the procedure is done around your midback/chest, there is a remote chance of a lung puncture. The injection involves using a local anesthetic and kenalog (or some other derivative of steroid). Common side effects, which are transient, may be seen from short term use of steroids. They include edema, heartburn, flushing, rashes, headache, dizziness, menstrual irregularities, mood swings, elevated blood sugar, elevated blood pressure. If you have any allergy to local anesthetics or to any derivative of steroid, you should let the physician know immediately.

Alternative treatments for the pain, which may or may not be more effective, include Physical Therapy, medications like NSAIDS/Muscle relaxers and occasionally opiates, Chiropractic treatments, acupuncture, osteopathic treatment, and sequential stimulation by TENS for relief of pain and spasm.

You should stay NPO (Nothing by mouth) after midnight before the procedure the next day. You may take sips of water for your medications the morning of your procedure. DO NOT stop taking your regular medications EXCEPT as follows:

If you are Diabetic and taking either oral diabetic medications or Insulin

- 1. If your procedure is scheduled before 12pm, then stay NPO and do not take your diabetic medications.**
- 2. If your procedure is scheduled after 12pm, then eat a light breakfast around 6am and take your diabetic medication.**

Medications that must be stopped before any procedure

If you are taking blood thinners, medication should be stopped as follows:
Coumadin 5 days before procedure. A blood test with the current INR should be available that is done on the day or prior to the procedure.

Plavix 7 days before the procedure.

If you are on any other blood thinner, please inform us right away so that we can advise you as to the safety of the procedure.