

# Pain Medicine Consultants

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## Procedure Instructions

Please note the following instructions to insure that your injection or surgical procedure proceeds as smoothly as possible.

### Before your procedure please note:

1. Stop all aspirin, ibuprofen, and other anti-inflammatory medications for 1 day prior.
2. Make sure that you inform us of any blood thinner medications that you are taking (coumadin, plavix, etc.). These need to be stopped at least 1 week prior to the injection. If you are on coumadin, you must have your protime (INR) checked either the day before or the day of the procedure. Please bring the results to the surgery center with you or have it faxed to our office.
3. Make sure to let us know if you have had reactions to contrast medium in the past (from CAT scans or other injections).
4. Do not eat any solid food for 6 hours before your procedure. You may have clear fluids such as gatorade, tea, or black coffee up until 2 hours before your procedure. Do not take your diabetes medication if you do not eat a meal.
5. Bring a driver with you or plan on having someone pick you up, because you will not be able to drive after your injection.

### After your procedure please note:

1. It is very common to have increased pain for the first few days after an injection. This should resolve and your pain relief should increase over the next week or so. Please keep a record of the amount of pain relief or lack thereof that you experience.
2. Use ice applications and your normal pain medications to treat any pain that you may have after your procedure. Ibuprofen or acetaminophen can be very helpful for pain relief as well.
3. Do not drive for 12 hours and take it easy on the day of your procedure. Make sure you do not increase your activity level so much that you suffer the next day.
4. Unusual symptoms that may be a sign of a serious complication include new severe pain that radiates away from the site of the injection, numbness that does not go away, and high fevers or chills. Please proceed to the emergency room for evaluation if you experience these symptoms.
5. If you believe you have an emergency situation, proceed to the nearest emergency department or call 911. You may call our office and ask for the on call physician to be contacted in the case of a true emergency. Note however that no prescriptions will be provided after hours.