

## Harborside Spine and Sports Center Procedure Instructions

Appointment \_\_\_\_\_ at \_\_\_\_\_

Please call as soon as possible if you need to reschedule. If you DO NOT SHOW or DO NOT CALL 24 hours before your injection, you will be charged a \$150 fee.

**If you have any changes in your general health between now and your procedure appointment such as an infection needing to be treated with antibiotics, a cold with a high fever or a medical condition for which steroids have been prescribed, please call 231-348-3283 extension 2.**

### **Do not stop your blood thinning medications without clearance from your prescribing physician.**

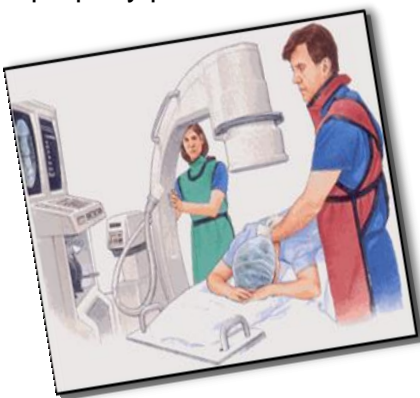
Our office will call your doctor and let you know when it is okay for you to stop taking any blood thinning medications.

### **What to remember before the injection day**

- Did you stop any blood thinning medications if asked to do so? ie: Coumadin, Plavix, Aspirin, Aggrenox, Lovenox, or Pradaxa.
- Do not eat or drink 2 hours prior to your appointment time. You may take a small sip of water to take other medications.
- You need a driver.

### **What will happen on the injection day?**

- The medical assistant (M.A.) will go over your medication list, check your pulse, blood pressure and respiratory rate.
- You will lie on the table appropriately positioned for your injection.
- The M.A. will clean the area of the injection site with betadine (if you have an allergy to this, we will use chlorhexadine) and place sterile cloths around the site.
- The doctor will warn you before he uses a small needle to numb the area. This will feel like a sharp poke and will be followed by some burning. After this initial numbing you should only feel a pressure sensation or heaviness. If you have sharp pain after this initial numbing please tell the doctor and he will numb that area more.
- The M.A. will take pictures while the doctor makes small adjustments to make sure the needle is in the properly positioned.



- Once the doctor ensures proper positioning of the needle, he will inject a small amount of contrast (dye). You may feel pressure at this time. A picture that shows the medication will flow into the correct area will also be taken at this time.
- Then the doctor will inject the medications. This may mimic your usual pain.
- The M.A. will remove the sterile drapes, clean the area with water and apply a band-aid.
- The M.A. will make sure you are feeling ready to walk out and then you will be escorted to the front to check out.

## Post Injection Instructions

- Apply ice to the injection site for 20 minutes at a time. Do this 3 times per day for the first 2 days following the injection to reduce soreness and swelling at the site.
- Do not plan to work the day of, or the day following, your injection.
- Regular activities (those done a week prior to the injection) may be resumed on the second day after your injection.



- Do not exercise for the first 2 days following your injection. You may resume physical therapy or chiropractic care 5 days after the injection.
  - Avoid hot tubs, swimming pools, and soaking in a bath tub for 48 hours following the injection. You may shower.
  - A bandage has been applied to each injection site. You may remove this the day after the procedure.
- If you do not have a follow-up appointment, please call the office to coordinate one.

### What to expect after your injection

- You may experience tenderness at the site of the injection a few hours after the procedure (apply ice as directed).
- You may experience a **temporary increase in pain** for several days after the injection due to the pressure of the fluid injected or due to chemical irritation.
- You may experience an initial relief in pain (a few hours or more) followed by a “return” of the pain. This is due to the anesthetic medication wearing off before the steroid takes effect.
- It may take a **week or more** before the steroid medication used takes full effect. Do not be discouraged if you do not experience immediate relief...**this is expected**.
- Other normal, but unpleasant, side effects that you may experience include: headache (resolving in 24 hours), facial flushing, anxiety, sleeplessness, fever the night of injection, and high blood sugar.



### Call the office for any of the following

- Painful headache while sitting up or standing that feels better after lying down.
- Fever greater than 101 degrees (Fahrenheit) for more than 24 hours.
- Losing function or feeling in legs or arms.
- Loss of bowel or bladder control (meaning either inability to produce or hold urine or stool) after the local anesthetic and temporary numbness wear off.
- Severe pain not controlled by over-the-counter pain medication or other measures used in the past.

**If you are experiencing any of these symptoms, please call the office at 231.348.3283 ext 2**