



### **Patient instructions for procedures**

#### **Facet injections, medial branch blocks, epidural steroid injections, sacroiliac joint injections, trigger point injection, bursa injection, joint injections**

1. Do not take herbal medications for 7 days prior to the procedure (Bayer, Ecotrin, Excedrin, ginkgo biloba, garlic, fish oil) aspirin may need to be stopped, but asked Dr. Philip or primary care provider before doing so.
2. If you take Pradaxa or Plavix you must stop the medication 7 days prior to epidural steroid injection, Coumadin/warfarin should be stopped 5 days prior to the procedure, if you are on Lovenox this must be stopped 24 hours prior to procedure, Eliquis must be stopped 3 days prior to the procedure, Xarelto must be stopped 5 days prior to the procedure. Please discontinue these medications only if you have permission from your primary care provider or prescribing physician.
3. Do not take any anti-inflammatory medications 7 days prior to your procedure, ibuprofen, Advil, meloxicam, Motrin, etc.
4. Take all other medications per your normal medication routine.
5. You will sign a consent form on the day of the procedure.
6. The procedure generally ranges from 15 to 30 minutes. Dr. Philip will carefully walk you through the procedure.
7. Please call our office if you have a cough, runny nose with drainage, elevated temperature or are currently taking antibiotics.

#### **For sedation procedures**

- Do not eat or drink anything for 8 hours prior to your scheduled procedure time, this includes no gum no hard candy and no water. If you need to take your normal medications please take with a very small sip of water.
- You will need to have a responsible driver to bring you back and forth to your appointment.
- Please arrive 1 hour prior to your scheduled procedure time in order to be checked in. An IV will be started.

#### **During the procedure**

- Monitoring devices may be attached to measure heart rate, breathing and blood pressure. You will be lying on your stomach or side depending on where the injection site is. Your back is cleaned and may be covered with sterile towels.
  - Medicine is given to numb the skin near the injection site
- If x-ray is used a contrast dye may be injected to get a better image on x-ray.

#### **Risks of procedure/surgery**

As with most medical procedures, there are risks associated which are usually less than 1% of the time. These risks include: Infection, bleeding, nerve damage, procedure not working, increased pain, paralysis, meningitis, death, allergic reactions, need for surgery, unknown risks and possibly requiring further



injections and/or surgery. Every reasonable effort will be made to minimize these risks.

**After procedure**

1. You may resume taking your normal medications once the procedure is complete. Typically if you are taking blood thinners wait at least 12 to 24 hours before restarting them.
2. You will likely have a bandage over your injection site. You may apply ice to the area of the injection site for 20 minutes at a time, 4 times daily during the first 24 hours as needed for discomfort and to reduce local muscle soreness.
3. Drink plenty of fluids.
4. Avoid strenuous exercise for 1 to 2 days even if you are feeling great. Physical therapy should be avoided for at least 48 hours after an injection. Let your therapist know.
5. It is normal to have some soreness at the site. This is likely because the numbing agent is wearing off, continue to ice the area and avoid heat.
6. You may experience discomfort for up to 7 days, in addition you may have increased pain for several days, this is normal as the steroid takes about 7 to 10 days to work.

**Below are reasons to call our office after a procedure. If the office is closed or an answer is not received and you feel 1 of these issues is occurring, please call 911 or go to your nearest emergency room.**

- If you have increased pain that is intolerable
- Fever above 100.4 degrees
- If you have lost control over your bowels or bladder (you are defecating or urinating on yourself without control) and this is new.
- If you have complete numbness in the groin region or if you cannot move the leg or in the arm.