



Your procedure will be submitted to your insurance for authorization, once we receive a response we will call you to schedule your procedure AND your follow-up to procedure.

- If you need to cancel or reschedule, please call our office at least 24 hours prior to your appointment.
 - Cancelling less than 24 Hours will result in a \$100 cancellation fee.
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If You Have Elected to Have Conscious Sedation (IV Anesthesia)

- Please arrange to have a driver to take you home following your procedure if you are selecting to use IV anesthesia. **The facility will cancel your procedure if you do not have a ride home.** You can use ride services if you have someone to accompany you during the ride.
 - Please do not eat 8 hours prior to your check-in time. You may have clear liquids up to 2 hours prior to your injection. Clear liquids (water, coffee without mil/sugar, Gatorade, apple juice, or tea). If you have questions regarding this, please call us at 702-476-9700 ext. 2
 - Please do not drive 24 hours following procedure as well as sign any legal documents.
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DO NOT TAKE: BLOOD THINNERS INSTRUCTIONS:

1. **Do not take for 1 day before:** Lovenox (Enoxaparin), Heparin
2. **Do not take for 7 days before:** NSAIDS, (Ibuprofen/Motrin, Meloxicam?Mobic, Didofenac/Voltaren, Naproxen/Aleve Celebrex/Celecoxib. **"ONLY FOR SPINE PROCEDURES"**
3. **Do not take for 3 days before:** Eliquis/Apixaban, Xarelto/Rivaroxaban
4. **Do not take for 5 days before:** Coumadin/Warfarin, Pradaxa/Dabigatran, Brilinta/Ticagrelor
5. **Do not take for 6 days before:** Aspirin 81mg, Aspirin 325mg, Excedrin
6. **Do not take for 7 days before:** Plavix/Clopidogrel, Ticlid/Ticiopidine, Effient/Prasugrel, Arixtra/Fondaparinux

If you are taking Coumadin: We are required to test for your **International Normalized Ratio (INR)**, on the morning of the procedure.

You do not need to stop blood thinners if you are undergoing the following procedures:

1. Lumbar Intra-articular Facets (FACETS)
2. Lumbar Medial Branch Block (MBB)
3. Lumbar Radiofrequency Ablations (RFA)
4. Peripheral Joint Procedures (Peripheral Joint Injection or Genicular MBB/RFA)

You must have your prescribing doctor's approval for medication cessation. Please deliver the 'Blood Thinner Clearance Request Fax' to your provider for completion. It is your responsibility to ensure our office is notified.

Instruction before procedure:

You can take thyroid, blood pressure/heart, and diabetic medication(s) with a sip of water before your injection.

If you are scheduled for a procedure and have taken antibiotics within the 10 days before the procedure, please call the office at 702-476-9700 Ext: 2.

Please refrain from eating anything, including sugar, gum, and dairy products, for at least 8 hours prior to your procedure.

You may drink clear liquids such as water, Sprite, black coffee, or clear Gatorade up to 3 hours before the procedure.

If you are currently taking antibiotics, please call the office at 702-476-9700, ext. 2. We will need to reschedule your procedure.

"Please contact our office if you are currently taking any prescribed weight loss injections or medications."

Billing

There will be separate fees for our physician performing the procedure; the anesthesiologist to administer conscious sedation; and the facility. Some facilities will require you to pay your copay/deductible prior to your procedure.

Some facilities are willing to structure a payment arrangement. Please double check with the facility if this is a concern. Please call our office at 702-476-9700 to inquire and pay about your copay for this procedure.

Post Procedure

After the procedure, you may experience some temporary spasms in the area of the procedure site. If this occurs, our office recommends the use of alternating ice and heat or you may choose whichever makes you more comfortable.

- **To apply ice:** Use a thin cloth to create a barrier between your skin and the ice pack. Apply the pack for approximately 20 minutes to the affected area, then remove the pack. Wait 20 to 30 minutes to reapply if needed.
- **To apply heat:** You may use a heating pad. Apply the heating pad for approximately 20 minutes to the affected area, then remove the heating pad. Wait 20 to 30 minutes to reapply if needed.

Often you will experience more pain before you have relief. This is normal. If you do however experience dramatic relief, please be mindful to not overdo it. Also, please remember this is considered a surgical appointment and we recommend that you do not go back to your job, if working, on the same day. Please plan on returning to work the following day.

Epidural steroid injection

- 0 – 12 hours post procedure: There may be complete pain reduction.
- 1 – 2 days post procedure: You may feel pain or increase in pain as the numbing agent from injection has worn off.
- 4 – 5 days post procedure: Your pain should begin to settle down.
- You will need to participate in physical therapy, chiropractic therapy or home exercises when you are able to.

Medial branch block

- After 5 – 8 hours, your pain may return to baseline as this is a diagnostic procedure. This is normal. This procedure is to determine how much of your pain is coming from the area that was blocked.

Radiofrequency ablation

- You may have increased pain for 2 – 4 weeks post procedure. This is normal.
- Increased pain; burning and muscle spasms at the procedure site is normal.

- Your pain should greatly after 4 weeks.
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Follow-Up Appointment

- You will need to follow up after the procedure with one of our providers at the office. If a follow up visit was not scheduled, please call our office to schedule one. Most insurance companies want documentation from our clinic to indicate how much relief you have obtained from the procedure as well as changes in your day to day functionality.
 - You must bring back the “Pain Log Post Injection/Procedure” to your follow up.
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When To Call Our Office

- If your temperature exceeds 100.5 degrees Fahrenheit and is not due to illness prior to procedure.
 - If the incision begins to separate or show signs of infection, such as redness, swelling, pain or drainage.
 - If you develop a headache that goes away when you lay completely flat after a spinal injection. (This is a rare effect that for the most part is not often seen)
 - Painful sensations
 - Unusual changes in sensations or tingling that shifts away from the area of pain.
 - Increased/increasing weakness that was not present before.
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IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, GO TO THE NEAREST HOSPITAL DUE TO EMERGENCY:

- Sudden onset of leg weakness
- Loss of bladder and/or bowel function
- Sudden severe back pain