

BEFORE YOUR INJECTION PROCEDURE

Please arrive **30 minutes** before the procedure.

- If you are on **Coumadin, Heparin, Lovenox, Eliquis, Xarelto, Plavix or any other blood thinner**, please let your doctor/staff know immediately as these medications must be discontinued 2-14 days prior to the procedure depending on the medication you are prescribed. If you are uncertain about your medication, please consult with your doctor prior to scheduling your procedure.
- Please **hold all diabetic type medicine the morning** of your procedures until after you get home and/or are able to eat.
- Bring all current medications including over the counter drugs or a complete list of all the medications you are taking, their dosage and frequency.
- Please do not eat **6 HOURS PRIOR** to the procedure. You may have clear liquids up to 2 hours prior; this includes water, fruit juices without pulp, carbonated beverages, clear tea, and black coffee.
- You should take all your regular medications except for those mentioned above. If you must take your medications, do so with as little water as possible. You may brush your teeth but do not swallow the water. It is advisable not to take any pain medicine before the procedure as it helps in assessing your level of pain after the injection is completed.
- Please leave all jewelry and other valuables at home. Remove all body piercings.
- Wear comfortable, loose fitting clothing and slip on shoes.
- You will be asked to sign a consent form for the procedure and/or anesthesia consent form, and HIPPA form prior to the procedure, so bring your eye glasses if needed.
- Please bring insurance identification cards, driver's license, completed billing forms and copayments. You can find these on our website listed below.
- If you are having sedation, please arrange for someone to drive with you to the appointment and drive you home, or your procedure will be cancelled and rescheduled when you can have a ride. Using a Taxi Service is **not** permitted unless someone is accompanying you home, other than driver. Someone must be able to care for you at home as well. You may drive after your procedure **ONLY** if you have not received medications that may impair your judgment **AND** if cleared by your surgeon.
- Please wash the surgical area the morning of your procedure with soap and water prior to arrival. Do not use moisturizers or lotions near the procedural area for 24 hours before your surgery time.
- If you are currently taking antibiotics or have an active infection, please let your doctor know.

AFTER YOUR PROCEDURE

- You will stay in the Recovery Room approximately 5-30 minutes for observation and then be discharged home once you meet discharge criteria.
- It is not unusual to have increased pain for 1-3 days after the procedure. At home, apply ice packs over the areas of injection, 20 minutes at a time, three times a day for one or two days following the procedure as needed. This can help relieve the pain/swelling at the injection sites
- Avoid strenuous exercise – even if you feel great – for at least one week.
- If you are currently in physical therapy, you may start at 5-7 days after the procedure. Have your physical therapist call your doctor regarding any questions.
- You may resume all your medications after the procedure.
- Follow-up appointment will be necessary in approximately two weeks. However, call your physician or office staff for any related problems at any time.
- You may slowly progress to your normal diet after the procedure.
- Call your doctor for temperatures greater than 101°F, or if there is persistent redness/swelling at your injection sites, excessive bleeding or drainage, persistent new weakness/numbness, loss of control of bowel/bladder function, persistent dizziness/drowsiness, blurry vision, persistent headache, or any serious concerns related to the procedure.

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