

**Before Your Injection Procedure:** Please arrive 45 minutes before the procedure.

- Medications: Please bring a medication list. Take all regular medications while following the guidelines below:
  - If you are on blood thinners (e.g., Coumadin, Heparin, Lovenox, Elliquis, Xarelto, Plavix), inform your doctor or staff immediately. These medications must be discontinued 2–14 days prior, depending on your prescription. If unsure, consult your doctor before scheduling.
  - Follow your internist’s instructions regarding all diabetic medication the morning of your procedure.
  - If you must take your medication with food, then you may hold dose until after the procedure.
- Do not eat for 8 hours before the procedure. Clear liquids (e.g., water, pulp-free fruit juices, carbonated beverages, clear tea, black coffee) are allowed up to 2 hours prior. Do not drink for 2 hours before the procedure.
- Leave all jewelry and valuables at home. Remove body piercings.
- Wear comfortable, loose-fitting clothing and slip-on shoes.
- Be prepared to sign consent forms, anesthesia consent, and HIPAA forms before the procedure. Bring eyeglasses if needed.
- Bring insurance cards, driver’s license, completed billing forms, and copayments.
- If receiving sedation, arrange for someone to drive you to and from the appointment. Procedures will be canceled if no companion is available. Taxi services are permitted only if accompanied by someone else.
- Wash the surgical area with soap and water on the day of the procedure. Avoid moisturizers or lotions near the area for 24 hours before.
- Inform your doctor if you are taking antibiotics or have an active infection.

**After Your Procedure:** Stay in the recovery room for 5–30 minutes for observation before discharge.

- Expect increased pain for 1–3 days. Apply ice packs to injection areas (20 minutes at a time, three times daily for 1–2 days) to reduce pain and swelling.
- Avoid strenuous exercise for at least one week, even if you feel great.
- Resume physical therapy 5–7 days after the procedure. Have your therapist contact your doctor with any questions.
- Resume all medications after the procedure.
- Schedule a follow-up appointment approximately two weeks later. Contact your doctor for any concerns.
- Gradually return to your normal diet after the procedure.
- Call your doctor if you experience:
  - A temperature above 101°F.
  - Persistent redness, swelling, bleeding, or drainage at the injection sites.
  - New or persistent weakness, numbness, or loss of bowel/bladder control.
  - Persistent dizziness, drowsiness, blurry vision, headache, or any serious concerns.