

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, Eliquis, 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 the dose until after the procedure.
- If you are getting anesthesia, then it is your responsibility to follow these guidelines: Do not eat foods for 8 hours before the procedure. Do not drink liquids for 2 hours before the procedure. If you drink liquid in the permitted time frame, then only water is allowed.
- 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, then someone you know must be arranged to drive you home from the procedure. If receiving local anesthesia, then a driver is encouraged but not required.
- 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.