



NorthStar Rehab + Pain Clinics

Preparing for Your Procedure

You have a pain problem that has not been alleviated by routine treatments. A procedure, specifically an injection or minimally invasive operation, is now indicated for further evaluation or treatment of your pain. There is **NO GUARANTEE** that any procedure or surgery will cure your pain, and in rare cases, your pain could become worse. The degree and duration of pain relief varies from person to person, so, after your procedure, we will re-evaluate your progress, then determine if further treatment is necessary. Sometimes more than one injection is required to properly treat or diagnose your condition.

Tell your physician if you are experiencing fever, cold or flu symptoms, or any infections, or if you have uncontrolled diabetes or uncontrolled hypertension, prior to your procedure.

BLOOD THINNERS:

Tell the physician or medical assistant if you are taking any blood thinners, since these can cause excessive bleeding and, in some cases, will need to be stopped prior to the procedure. You should discuss stopping any life-saving medications with your Cardiologist or Neurologist if you have had a heart attack or stroke.

- ***Coumadin (warfarin) – stop 5 days before***
- ***Plavix (clopidogrel) – stop 7 days before***
- ***Eliquis (apixaban) - stop 3 days before***
- ***Aspirin – stop 7 days before***
- It is recommended that anti-inflammatory medications be stopped prior to the procedure prevent avoidable bleeding complications.:

o **Diclofenac, Ibuprofen/Motrin** – Stop 1 day before

o **Aleve/Naproxen, Celebrex, Meloxicam** – Stop 4 days before

Resume blood thinners the day after your surgery.

- **TYLENOL** is OK to take until the day before your procedure

ALLERGIES:

Tell the physician or medical assistant if you are allergic to:

IODINE or contrast dye, **LATEX**, **LIDOCAINE**, **EPINEPHRINE**, **MARCAINE** or **STEROID**.

Alternatives to the procedure include medications, physical therapy, acupuncture, surgery, etc.

Benefits include increased likelihood of correct diagnosis and/or decreased pain.

Risks include infection, bleeding, bruising, allergic reaction, increased pain, tissue or joint injury, nerve damage, intractable headache, temporary or permanent numbness and/or weakness, very rarely paralysis or blindness.

PREPARING FOR SCHEDULING YOUR PROCEDURE

You will receive a phone call from your doctor's Surgery Scheduling Assistant within one week to get your procedure scheduled. If you do not hear from our office, please call our office.

PREPARING FOR THE DAY OF YOUR PROCEDURE

You will receive a phone call from one of the Surgery Center's Registered Nurses one day before your scheduled procedure. The nurse will review your health history and answer any additional questions. Have a list of your current medications and dosages as well as your allergy list ready.

PREOPERATIVE INSTRUCTIONS

It is essential to your health and the success of your procedure that you follow the instructions in this packet. Please read the following carefully.

FAQs:

Q: Will I be given IV anesthesia (conscious sedation)?

A: Dr. Khan does most of her procedures under local anesthetic, meaning no IV anesthesia. If you want IV anesthesia and if you meet the criteria, you will be offered light anesthesia ("twilight"), similar to that given during a colonoscopy. Anesthesia reduces pain during your procedure. It can cause you to lose feeling or sensation during the procedure without loss of consciousness.

Q: What are the side effects of IV anesthesia and sedation?

A: You may experience mild nausea, headache, drowsiness and/or fatigue

Q: Will I need to be fasting?

A: DO NOT EAT OR DRINK ANYTHING 6 HOURS PRIOR TO YOUR PROCEDURE IF YOU ARE GETTING IV ANESTHESIA

Q: Do I need a driver?

A: YES, YOU NEED A RESPONSIBLE ADULT TO DRIVE YOU HOME

You may experience lightheadedness, dizziness or sleepiness after anesthesia or sedation. You may also feel slightly numb/weak following your procedure with or without IV anesthesia.

You should not operate a motor vehicle for the remainder of the day.

Q: Should I hold my blood thinners?

A: Follow your doctor's instructions. If you are uncertain, call our office.

Q: Should I hold my regular medications on the day of my procedure?

A: Follow the surgery center nurse's instructions regarding medications

Q: What should I do if I become ill before my procedure?

A: Call our office immediately if you develop a cold, cough, fever or any kind of infection or are on an antibiotics or new medications since your last office visit. This may interfere with your procedure.

RECOVERING AT HOME

You will be discharged from the facility after meeting discharge criteria.

We recommend that you have a responsible adult with you for 24 hours if you undergo anesthesia.

Follow your physician's post-operative instructions regarding diet, medications, rest, return visit and return to normal activities.

Do not drink alcoholic beverages for 24 hours following your procedure.

Do not drive or operate machinery for 24-48 hours following your procedure.

Most patients will receive a post-operative telephone call within a day or two.

WHEN TO CALL YOUR PHYSICIAN OR SEEK MEDICAL CARE

Your physician is available from 10:00 am-5:00 pm Monday-Friday. After regular business hours, please leave us a message and we will return your call as soon as we can. In the event of an emergency, call **911**

Call your physician's office for any of the following:

- Temperature of 101 degrees or higher, and/or chills
- Nausea and vomiting that lasts more than 24 hours
- Increasing drowsiness
- Worsening pain not relieved by pain medication
- Increase swelling around the incision

- Redness around the incision that is spreading
- Bright red blood or foul-smelling discharge coming from the wound
- Headache that is worse with sitting up and standing and goes away with lying flat.

Dr. Khan wants you to have the best experience possible. Please let us know if there is anything else we can do to support you through this process. She will follow-up with you in her office in two-three weeks from the procedure. If a follow-up is not scheduled for you prior to the procedure, please call our office to follow-up.

Thank you for trusting us with your care!