

Procedure Date: _____

Procedure Time: The surgery center will call you the day before.

Valley Pain Management

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PRE PROCEDURE INSTRUCTIONS

THE FACILITY YOU'RE SCHEDULED AT WILL CALL YOU THE DAY BEFORE YOUR PROCEDURE TO GIVE YOU THE ARRIVAL TIME.

You **must** have someone drive you to and from the facility (you will be there about 2 hours).

No gum or mints the day of your procedure.

Do not wear any jewelry.

You **can** take your blood pressure meds the morning of the procedure. You must bring your blood pressure meds with you the day of the procedure.

You **may** take diuretics and reflux meds the day of the procedure at your discretion.

Use inhalers as ordered and bring rescue inhalers with you.

Pain meds are **OK** 4 hours prior to arrival time unless told otherwise. Marijuana 4 hours prior ok only if they insist they need it.

Kyphoplasty patients please wear or bring a button up shirt.

You **May** take Gabapentin, and Lyrica.

Immediately notify our office if you will be taking a trip after the procedure as there are restrictions that may require you to reschedule.

If you are Diabetic:

Take ½ am dose of **insulin** morning of procedure, **unless** you take **Humalog/Novolog** please do not take the morning of procedure.

No diabetes pills on morning of procedure but bring them with you.

Do not eat or drink anything (NPO) 6 hours before your procedure.

Except you may have clear liquids up to 4 hours before procedure such as water, tea, & apple juice.

May take NSAIDS and Plavix up to the day of procedure for the following procedures:

- 1) Hip Injection
- 2) Facet joint injection
- 3) Piriformis Injection
- 4) Medial Branch/Lumbar Dorsal/Primary Ramus Block
- 5) Radiofrequencies with any of these same procedures listed above.
- 6) Sacroiliac Joint Injection
- 7) Coccyx Injection
- 8) Cervical Medial Branch/Occipital Nerve Block

HOLD Coumadin/Warfarin 5 days prior to procedure (once cleared by Dr.) and must have Protime test (PT/INR) done the morning of procedure.

HOLD Plavix and Aggrenox 7-10 days prior to procedure (once cleared by Dr.).

HOLD Pradaxa 5 days prior to procedure (once cleared by Dr.).

HOLD Xarelto 3 days prior to procedure (once cleared by Dr.).

HOLD Lovenox 24 hours prior to procedure and restart 12 hours after procedure (once cleared by Dr.).

HOLD Aspirin 325 mg and 81 mg 5 days prior procedure (once cleared by Dr.)

HOLD Eliquis 3 days prior to procedure (once cleared by Dr.)

HOLD Effient 7-10days prior to procedure (once cleared by Dr.)

HOLD Brilinta 5-7 days prior to procedure (once cleared by Dr.)

HOLD Cilostazol 2 days prior to procedure (once cleared by Dr.)

HOLD NSAIDS 1-5 days prior to procedure:

Advil	Lodine (Etodolac)
Aleve (Anaprox, Naprelan)	Mobic
Voltaren (Diclofenac)	Nalfon (Fenoprofen)
Arthrotec	Naprosyn/Naproxen
Excedrin	Orudis (ketoprofen)
Cataflam	Oruvail
Clinoril (Sulindac)	Ponstel
Daypro (Oxaprozin)	Relafen (Nabumetone)
Dolobid	Tolectin
Feldene (Piroxicam)	Toradol (Ketorolac)
Ibuprofen/Motrin	Trilisate
Indocin (Indomethacin)	Celebrex (24 hrs)

HOLD Vitamins/Herbs 7 days prior to procedure:

Vitamin E	Fish Oil
Ginger	Ginkgo
Ginseng	

Immediately Inform Dr. Amireh if you are taking an **antibiotic** or have a current **infection** including the **flu** as this may cause complications with the procedure and we may have to reschedule you.

What to Expect:

Upon arrival, you will be asked to fill out and sign paper work for the procedure.

An IV catheter will be placed, **conscious sedation** will be administered and **local anesthesia** will be used.

A follow up appointment card to see Dr. Amireh in the office will be given to you at the surgery center. (Please call our office at (559) 447-1432 if you need to reschedule it)

POST PROCEDURE INSTRUCTIONS

Recovery room time will be 30-90 min. depending on procedure.

A drink and snack will be served.

Do not drive 24 hours after injection.

You **may** use ice at the injection site.

Avoid twisting, bending, pushing, and lifting.

Avoid chiropractic visits, physical therapy, and massages for at least 1 week after the procedure.

It is ok to shower after 24 hrs. (unless having a spinal cord stimulator or pump implant)

You **may** experience pain at the site of the injection

Please give the medication time to work as you may not feel relief immediately (aside from the therapeutic and diagnostic procedures).

You **may** resume normal activity the day after the procedure as long as you take it easy and follow all these instructions.

Call our office if you have a severe headache, weakness, numbness or tingling in extremities (**unless** you were already experiencing this before the procedure) or proceed to the nearest Emergency Room after business hours or on weekends.

You **may** resume taking all your regular medication after the procedure unless otherwise instructed