

PRE-PROCEDURE INSTRUCTIONS

LOCATION: Associated Surgical Center in Dearborn Heights

DATE:

Time: THEY WILL CALL THE NIGHT BEFORE WITH YOU ARRIVAL TIME

IMPORTANT: Failure to follow those instructions may result in your procedure being postponed or cancelled

- **NO EATING 6 HOURS PRIOR TO THE PROCEDURE**
- **YOU CAN HAVE CLEAR LIQUIDS UP TO 3 HOURS BEFORE THE PROCEDURE (COFFEE OR TEA WITHOUT CREAM, JUICE WITHOUT PULP)**
- **YOU CAN TAKE MEDICATIONS WITH A SMALL SIP OF WATER**

REQUIRED:

- **BRING A DRIVER (RESPONSIBLE ADULT) – NO EXCEPTIONS**
- **Take a shower or bath the night before or morning if your procedure**
- **That you remove all body jewelry and make up the morning of procedure**

ARE YOU.....	INSTRUCTIONS:
Taking Aspirin for your heart each day (baby 81mg)	Continue Taking if you are taking 325 STOP and switch to 81mg 5 days prior
Taking NSAIDS (Motrin, advil, naproxen)	OK to continue taking
Taking Blood Thinners	Stop taking 5-7 days prior to procedure ONLY WITH AUTHROZIATION FROM DOCTOR
Diabetic and on Insulin	Check Sugar Level the morning of procedure

****if prior to your scheduled procedure you develop any fever or cough, or begin taking any antibiotics or steroids, please call the office for further instructions****

DISCHARGE INSTRUCTIONS

PLEASE FOLLOW THE INSTRUCTIONS CHECKED BELOW

You have received a sedative/anesthetic during your procedure. You may feel sleepy and not yourself for the next several hours today.

FOR THE NEXT 24 HOURS DO NOT:

-Engage in any activity that requires, alertness or coordination. This includes: Driving, operating heavy machinery, using power tools, cooking, climbing, ETS.

- Stay by Yourself
- Drink Alcohol
- Make important or complex decisions or sign legal documents
- put a heating pad or direct heat to the injection area (ICE ONLY)

PLEASE CALL MICHIGAN ORTHOPEDIC SPECIALIST AT 313-277-6700 BETWEEN 8AM-5PM IF YOU DEVELOP THE FOLLOWING:

- Severe Abdominal Pain
- Vomiting
- Redness, swelling, or discharge from injection site
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- Fever greater than 100.6
- Bleeding

IF YOU HAVE TROUBLE BREATHING OR SHORTNESS OF BREATH GO STRAIGHT TO THE EMERGENCY ROOM AND TAKE THIS FORM WITH YOU.

ACTIVITY INSTRUCTIONS:

- Take it easy today
- Get up slowly when standing today
- Resume activities gradually
- You may resume swimming, bathing, hot tub the following morning
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MEDICATION Instructions:

- Resume your daily prescriptions medication schedule
- You may need to reduce pain medication when pain decrease

SPECIAL INSTRUCTIONS:

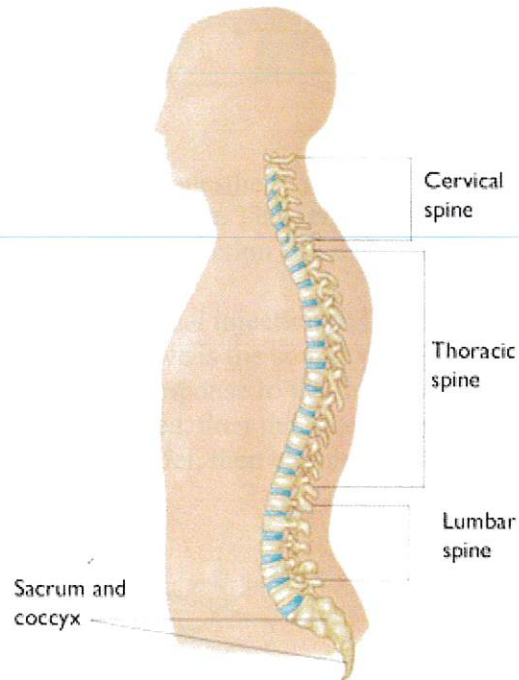
- Resume your previous diet as tolerated
- Observe injection site: call if any signs of infection
- Apply Ice pack to injection site if needed. Place a cloth between your skin and ice pack.
Leave on no more than 10 minutes at a time, repeat as needed for comfort.

Spinal Injections

Spinal injections are used in two ways. First, they can be performed to diagnose the source of back or neck pain (diagnostic). Second, spinal injections are used as a treatment to relieve pain (therapeutic).

Most spinal injections are performed as one part of a more comprehensive treatment program. Simultaneous treatment nearly always includes an exercise program to improve or maintain spinal mobility (stretching exercises) and stability (strengthening exercises).

Procedure



Spinal injections are performed under X-ray guidance, called fluoroscopy. This confirms correct placement of the medication and improves safety.

To do this, a liquid contrast (dye) is injected before the medication. If this contrast does not flow in the correct location, the needle is repositioned and additional dye is injected until the correct flow is obtained. The medication is not injected until the correct contrast flow pattern is achieved.

Provocation Diskography

Provocation diskography is a type of spine injection done only for diagnosis of pain. It does not have any pain relieving effect. In fact, it is designed to try to reproduce a person's exact or typical pain. This is to find the source of longstanding back pain that does not improve with comprehensive, conservative treatment. It can severely aggravate the existing back pain.

Diskography is performed much less commonly than the other types of spinal injections reviewed above. It is often used only if surgical treatment of low back pain is being considered. The information gained from diskography can assist in planning the surgery.

Diskography involves stimulating and "pressurizing" an intervertebral disk by injecting a liquid into the jelly-like center (nucleus pulposus) of the disk. More than one disk is injected in order to distinguish a problem disk from one without symptoms. Criteria are used to identify a painful disk by provocation discography, including the type and location of pain and the appearance of the disk on an X-ray after the procedure.

Complications

Spinal injection procedures are generally safe procedures. If complications occur, they are usually mild and self-limited. The risks of spinal injections include, but are not limited to:

- Bleeding
- Infection
- Nerve injury
- Arachnoiditis
- Paralysis
- Avascular necrosis
- Spinal headache
- Muscle weakness
- Increased pain

Common side effects from steroids include:

- Facial flushing
- Increased appetite
- Menstrual irregularities
- Nausea
- Diarrhea
- Increased blood sugar
- Arthralgias



ASSOCIATED SURGICAL CENTER OF DEARBORN

YOUR GUIDE TO SAME DAY SURGERY

**It is your responsibility to read this literature; it
contains important information.**

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