

What to Expect with Your Procedure

We recognize that procedures can induce anxiety and can be uncomfortable, but we are committed to making the process as smooth as possible. The information below is intended to help you anticipate how your procedure visit will go.

Before the Procedure:

- Most patients can drive themselves to and from the clinic for the procedure;
- UNLESS, you are getting an **epidural, radiofrequency ablation (“nerve burn”), sympathetic block, or spinal cord stimulator trial**, which require you to have a driver; or
- ANY PROCEDURE WITH **SEDATION** requires you to have a driver
 - ANY PROCEDURE WITH **SEDATION** requires you to **fast for 8 hours** before the procedure, with the exception of water or Gatorade up to 2 hours before your appointment.
- Take most of your usual medications, but try to avoid using your pain medications the morning of the procedure.
- Please inform Dr. Ali if you take any blood thinners. (Many procedures can be done with blood thinners, but sometimes they will need to be held.)
- Please inform Dr. Ali if you have any allergies, or intolerances.
- Please inform Dr. Ali if you have kidney disease or have reactions with IV contrasts or dyes.
- If your procedure includes steroids, and you are diabetic, your blood glucose may be elevated. You should talk with your primary care physician &/or endocrinologist about methods of managing this prior to the procedure.
- We suggest wearing loose clothing to make the target area easily accessible.

During the Procedure:

- Your vitals will be checked before starting and a series of simple questions will be asked, including but not limited to your date of birth, type of procedure, left vs right vs both sides, allergies, and if you are on any blood thinners.
- You may be asked to change into a gown if the target area is not accessible.
- You will sit or lay on the procedure table, usually face down for neck and back procedures.
- A sterilization solution (chlorhexidine or alcohol) will be used to clean your skin and minimize risk of infection.
- A drape may be placed over the area to maintain sterility.
- As Dr. Ali performs the procedure, you will feel some discomfort, but he will walk you through step-by-step.
- After completion, Band-Aids may be placed over the injection site.
- Your vitals will be checked after completion of the procedure.

After the Procedure:

- Most patients have some soreness in the area that can persist for a few days. You may resume your home meds.
- You may rest the day of the procedure, then resume normal activity as tolerated, unless instructed otherwise.
- If sedation was received, please refrain from driving and get assistance as needed with standing and walking for the next 24 hours.
- Placing ice over the injection site for no more than 20 minutes at a time can help relieve this soreness.
- Over the counter Tylenol can also be utilized if ice is insufficient.
- If your procedure included steroids, you may experience hot-flashes, mild headaches, or insomnia for a few days.
- Some procedures can take up to 7 days before you have significant pain relief.
- If you have an epidural, you may experience some numbness or weakness for a few hours, up to 24 hours.

Serious side effects are VERY rare, but if you have any of the following, you should go to an Emergency Room:

- New weakness & numbness after the initial weakness and numbness wore off, or persistent weakness >24 hours.
- Severe swelling, redness, or drainage at the procedure site.
- Loss of bowel or bladder control or uncontrolled vomiting or fever of 101° F or higher or any difficulty breathing.

I have read and understand the above stated instructions. All questions have been answered.

Signature of Patient



972-316-7124



917-900-1881



www.ArchPointPain.com

Signature of Technician



Info@ArchPointPain.com



HoustonPainDoc