



INJECTION INSTRUCTIONS

Pre-Procedure Instructions

- You MUST bring a driver for Cervical Spine Procedures. If you fail to arrange for a driver, your procedure might be rescheduled on a different day.
- If you are prescribed oral sedation medication, you must bring a driver to and from the procedure. You should not drive while taking such medications.
- If you are on Blood Thinners, please inform the office. We may need to submit for clearance for you to stop the blood thinner for certain procedures. Ask the office if you are unsure.
- If you take any Non-Steroidal Anti-inflammatory Medications (NSAIDs) you must stop taking these medications 5 days prior to your spinal procedure, unless you have been instructed not to stop.
- Arrive 15 minutes prior to the procedure time. Most procedures are 20-40 minutes, however, expect to be in the office for 1-1.5 hours. Spinal Cord Stimulator trials will be a longer procedure.

Post Procedure Instructions

- You should set up a post procedure follow up, at Zona Spine and Pain about 2-3 weeks after your procedure
- Immediately after the procedure, you may feel your legs or arms slightly heavy and they may be numb. Also, you may notice that your pain may be gone or quite less. This is due to the local anesthetic injected. This will last only a few hours. Your pain may return and you may have a "sore back" for 1-3 days. This is due to the mechanical process of the needle insertion as well as initial irritation from the procedure itself. This pain typically lasts 1-3 days following the procedure. This typically subsides with time. Using heat/ice and alternating every 20 min over the affected area typically helps ease the symptoms and getting into a hot/warm shower can also help.
- Avoid hot tub or pool for 24 hours after the procedure.
- We advise the patient take it easy for a day or so after the procedure. Perform activities as tolerated by you.
- If you notice any alarming symptoms, call your doctor immediately, call 911 or go to the nearest emergency room.