

PRE-PROCEDURE INSTRUCTIONS

Prior to your surgery, a member of our staff will call you to obtain necessary admission data and your medical history to decrease the time for registration on the day of your procedure.

Please help us to ensure that your time with us is kept to a minimum by reading and following these instructions.

- DO NOT EAT OR DRINK AFTER MIDNIGHT.
- WEAR LOOSE AND COMFORTABLE CLOTHING.
- LEAVE ALL JEWELRY AND VALUABLES AT HOME.
- BRING ALL CURRENT MEDICATIONS WITH YOU. (Heart and blood pressure medication should be taken with a sip of water the morning of your surgery.)
- BRING A FRIEND OR RELATIVE TO DRIVE YOU HOME.
- IF YOU ARE SICK, HAVE A FEVER OR ARE TAKING ANTIBIOTICS, YOU WILL NEED TO CALL TO RESCHEDULE YOUR PROCEDURE.

When you arrive for your procedure you will need to change into a hospital gown. After your procedure you will be in the PACU/recovery area, where nurses will continually monitor you and provide you with post-procedure instructions.

HOME INSTRUCTIONS

At home, be sure to follow your surgeon's specific instructions. To achieve optimum outcomes, do not engage in strenuous activities, drive, make critical decisions, or drink alcoholic beverages for the first 24 hours.

One of our nurses will call you the day after your procedure to answer any questions or act as a resource for information.

You will also be asked to complete a short survey about the care you received, which will help us to continually improve our services.

POST PROCEDURE INSTRUCTIONS

- Pain relief may not be immediate. If pain relief is immediate, it may re-occur several hours later, but should decrease over the next 48 hours. (Some medications require this length of time to affect pain.)
- Injection may result in temporary leg weakness or arm weakness. Assistance with walking is recommended, after procedure, until weakness has completely resolved.
- Food-as tolerated, following all procedures unless instructed otherwise.
- Minimal drainage at the injection site is expected. If it increases, phone your pain doctor.
- You may experience increased pain and soreness at the injection site for 48 hours after the procedure. If you continue to experience increased pain, swelling, redness, or elevated temperature, phone your pain care physician at 318-323-6405 or 318-807-0206.
- You must continue all medications ordered by your physician. If you cannot continue medications, notify your physician.
- The day after your procedure, you may resume normal daily activities, including showering.
- The Pain Management Center staff will contact you tomorrow for a routine follow-up call.
- DO NOT DRIVE TODAY.
- You may use ice on the injection site-on 15-20 minutes and off 15-20 minutes. DO NOT USE HEAT.
- DO NOT SHOWER OR BATHE FOR 24 HOURS.
- If you had a radiofrequency procedure, you may have pain from 3-6 weeks following your procedure.
- You will be given your next appointment prior to discharge from the surgery center.
- If for any reason you have not been contacted to schedule your follow-up clinic visit or your next injection, you should call the pain clinic to schedule at 318-323-6405 or 318-807-0206.
- All other appointments have been cancelled. Should you need medication refills prior to this visit please call 318-323-6405 or 318-807-0206 four or five days before you are completely out of medication.