

At home after your injection:

- You may apply an ice pack 20 minutes at a time to the injection site if you experience soreness.
- You may take a shower, but AVOID getting into baths, pools, or whirlpools for 24 hours after the injection. Keep the injection site clean and dry. You may remove the Band-Aid the day following the injection.
- You will be asked to take it easy on the day of your injection. You may return to your normal daily activities the next day.
- You may resume your Anti-inflammatory medications and BLOOD THINNERS the following day after the injection.
- You may start or resume your individualized exercise program or physical therapy as soon as 48 hours after the injection.
- If your procedure was a diagnostic injection, the effect would be limited to the day of the injection. If this is a therapeutic injection, it usually takes one week to notice the effect. Certain procedures will take up to three weeks to work.
- A small portion of our patients will experience increased pain for the first 24-48 hours. It is impossible for us to know who would respond in this manner. Taking over the counter pain killers usually controls the temporary increased pain.
- Side effects that may occur, but will go away in a few days are: briefly increased pain, trouble sleeping, facial flushing, migraine attack (in patients who have migraine headache at baseline), and local muscle spasms.

When to call the doctor:

- Severe pain uncontrolled with ice, heat, NSAIDS, your prescribed pain killers and rest.
- Severe headache that gets worse when sitting up (or standing) and disappears when you lie down.
- Fever or chills.
- New incontinence (loss of bladder or bowel control).
- Redness or swelling around the injection site.
- Weakness.
- If the physician on call has concerns regarding your safety after injection, he/she may direct you to your local Emergency Room so a physician could examine you. This scenario is very rare. In such cases, we will setup a follow-up visit the next day to evaluate you as well.
- When calling us, since the person who will respond to you may not be the physician who has done the procedure, please be prepared to tell them your name, birth day, date of the procedure, name of the procedure and the side (Right or left).

Please visit our website to find specific information and instructions on your upcoming procedure at www.NeSpineCare.com

- Caudal Injection
- Cervical Diagnostic MBB
- Cervical Epidural Injection
- Cervical Facet Injection
- Genicular Nerve Ablation
- Hip Bursa Injection
- Lumbar Epidural Injection
- Lumbar Facet Injection
- Lumbar MBB and RF
- Lumbar Transformational Injection
- Sacroiliac Joint Injection
- Shoulder Injection
- Spinal Cord Stimulator
- Stellate Ganglion Block
- Thoracic Epidural Injection
- Thoracic Facet Injection
- Trigger Point Injection

Visit www.BostonRegen.com for information on:

- PRP Injection
- Stem Cell Therapy

Procedure Date: _____

Procedure Time: _____

Procedure Type: _____

Hold Medication: _____



**New England Spine Care Associates
New England Ambulatory Surgicenter**

Patient Procedure Information

799 Concord Ave. Cambridge, MA 02138
Sancta Maria Building- 1st Floor
T: (617) 547-7163 F: (617) 547-7165

Please remember:

No food or drink for 2 hrs prior to your procedure.
A driver is required on the day of your procedure.

We are Credentialed and Certified by
CMS/Medicare and
AAAHC (Accreditation Association of
Ambulatory Health Care)

What is a spinal injection? Your spine specialist has recommended a spinal injection to help reduce pain and improve function. This procedure can help relieve pain by reducing inflammation. An injection can also be used as a diagnostic tool to identify the source of pain (Nerve Blocks). The type of injection you receive is based on your specific symptoms and the physical examination performed. Your spine specialist should explain the reason for receiving the injection. If you are not well informed regarding the injection you are going to receive, make an appointment and speak to your doctor. You may need one or more injection(s) for maximum effect. All patients need to see their spine specialist at the spine center 2-3 weeks after the injection(s).

Preparing for Your Injection

Before your injection, you will fill out a short questionnaire regarding your health. Please indicate any changes in your health, medications and allergies since last time you visited the spine center.

If there is the possibility that you have a cold, flu or other infection (on antibiotics), it is important that you tell us. You will have to reschedule the procedure when the infection is cleared.

For your benefit, bring your MRI or CT reports and films (or CD) with you to all scheduled injections. You will need a companion with you after the procedure. You should not drive following the procedure since you may have some temporary numbness.

You can eat a light meal up to 2 hrs before the procedure. Do not eat if you are taking a sedative to remain calm during the procedure.

If you need to cancel your procedure, notify us 3 days in advance so we could accommodate someone else.

Notify us if you are allergic to betadine (Iodine), Lidocaine, Contrast dye, Latex or Shellfish.

Notify us if you are pregnant or even if there is a remote possibility of being pregnant.

Please note that it is recommended that you continue all prescribed medications (blood pressure, heart, diabetes, diuretics (water pills).

You may continue prescribed pain medications that do not cause thinning of the blood including Ultram (Tramadol), Vicodin (Hydrocodone), and Tylenol (Acetaminophen).

STOP THESE MEDICATIONS that increase bleeding risks:

All aspirin products (including Bayer, Ecotrin, Alka Seltzer, baby or low dose aspirin, etc.) 4 days prior to your scheduled procedure. We may ask permission from your PCP for this, so please do not stop these medications unless told to by one of our physicians..

Non-steroidal anti-inflammatory (NSAIDs) medications: Hold 4 days prior to the procedure (Advil, Motrin, Nuprin, Ibuprofen, Aleve, Naproxen, Relafen, Voltaren, Lodine, Mobic, etc).

Blood thinners (Coumadin, Plavix, or Ticlid, Heparin, Lovenox). Please contact our nurse (617) 547-7163 for further instructions on how to manage this. We will ask your PCP or Cardiologist for guidance.

Supplements like fish oil and vitamin E (4) days prior to the procedure.

If you are diabetic:

You will experience elevated blood sugars for up to a week after your spinal injection related to the corticosteroid used. Usually elevation is about 50 to 100 points over your normal blood sugar levels. If you are on insulin, your sliding scale could be used to adjust the blood sugars. If you are on oral agents and experience high blood sugars (over 300), call us for instructions. In most cases no specific treatment is needed and blood sugar level normalizes.

Risks and Complications

All medical interventions have benefits and risks. Alternative care could be considered including “do nothing”. Spinal injections have risks and complications that can include allergic reaction to medication, spinal headache, increased pain, bleeding (rare), infection (rare), or nerve injury (rare), Stroke (very rare) and death(very rare). As infrequent/rare as these complications are, it is important to understand the possibility and make an informed decision regarding your treatment. We perform our procedure with state of the art technology. Our surgical center environment uses sterile technique to ensure your safety according to National Standard of Care. Our center is certified by Accreditation Association for Ambulatory Health Care. Our physicians have specific training & extensive experience in performing such procedures.

Checking In for Your Procedure:

Your procedure will take place at: New England Ambulatory SurgiCenter located on the first floor of Sancta Maria Building “**799 Concord Ave, Cambridge MA 02138 (617) 547-7163** “. You will need to arrive 15 minutes prior to your scheduled injection to fill out the necessary paperwork. Bring your insurance information with you. Make sure you come with a companion who can drive you back home. If you expect any delays or need to cancel, please call **(617) 547-7163**.

During the Procedure

- The procedure is usually brief, but your position during the procedure is important to make the injection go smoothly. You will have monitoring devices attached to you during the procedure to check your heart rate and breathing. Medical devices do make noise (beeping sounds), do not be alarmed.
- You will be consented for the procedure.
- Your skin will be cleaned with a disinfecting solution and a sterile paper drape will be placed over your skin.
- Local anesthetic (Lidocaine) is usually given near the injection site to numb the skin. This typically feels like a pin prick and some burning.
- Fluoroscopy (X-ray imaging) or ultrasound is used for precise placement of the needle. Iodine based Contrast dye will be injected to confirm the correct placement of the needle.
- A local anesthetic (i.e., lidocaine, bupivacaine) and/or Corticosteroids(i.e., Triamcinolone, Celestone, Betamethasone to reduce inflammation) is then injected and the needle will be removed.
- We will clean your skin again and a small bandaid will be placed at the injection site.
- You will be escorted / transported to the recovery area. Nursing staff will monitor you and go over the discharge instructions. In most cases, you will be discharged within 15 minutes after the procedure. You will leave with a pain log that you will bring with you to the follow-up appointment.