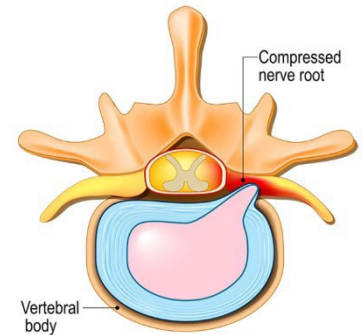


Preparing for Injection

Preparing for your injection procedure is essential to **ensure your recovery is a positive experience** and leads to a better quality of life. You should expect improvement in your spine-related pain after your injection; however, some patients may experience a mild increase in post-procedure pain. Our goal at Flagstaff Bone and Joint is to help you have the best possible experience and result. **We have prepared this document for you to read and review** to gain a better understanding of what to expect and how to prepare for your injection. Your commitment, involvement, and dedication will be vital to a successful outcome from your procedure.

Spine Injections

Spine conditions such as, but not limited to, herniated discs, spinal stenosis, sciatica, and facet joint or SI joint arthritis may cause spine pain and/or pain that travels into the arms or legs. To help reduce pain and inflammation, corticosteroid medication can be injected around affected nerve roots or joints in the spine. This procedure is performed under real-time x-ray guidance (fluoroscopy).



HERNIATED DISC

Transforaminal Epidural Steroid Injections (TFESIs)

TFESIs involve placing corticosteroid medication around a pinched or compressed nerve in the region where the nerve root exits the spine.

Facet & SI Joint Injections

Corticosteroid medication can be placed into the facet or SI (sacroiliac) joint(s) of the spine to help with pain relief. Both facet joints and SI joints are innervated with sensory nerves which can send pain signals to the brain. Facet joints connect one vertebra to another and allow your spine to bend, twist, and extend. SI joints connect the pelvis to the spine.

Side Effects & Risks

As with any procedure, there are potential side effects and risks with injection procedures involving the spine. Side effects associated with spine injections are usually temporary and are tolerable. Possible side effects include, but are not limited to, nausea, headache, dizziness, fainting, and warmth or flushing of the face. The most common risk is your injection procedure does not provide meaningful or lasting pain relief. Serious complications are rare and may include infection, localized bleeding or blood clot, nerve damage, or other severe complications which could result in death. Your provider team will review your medical history to reduce these risks. If you have any questions or concerns, please address them with your physician.

Recovery

The benefits of the injected corticosteroid medication may take up to 2 weeks to take full effect. A numbing medication is also given at the time of your injection procedure. It is normal for the numbing medication to wear off before the corticosteroid medication provides relief. It is also normal for your pain to return or to experience some soreness after your injection until you start to feel relief. If you are diabetic, you may see an increase in blood glucose following a corticosteroid injection. You will have an office visit with your physician to follow-up on the success of the injection performed.

Support System

Arrange for a **responsible adult to assist you** throughout this process. Choose someone who can attend office visits, take you home after your procedure (if sedation is required), and help you once you've returned home if needed. Share the information in this document with anyone who is supporting you for your procedure.

Scheduling

You may be given a tentative appointment time at the office when your procedure is scheduled. This time will most likely change. The surgery center will call you the day before your procedure with your exact arrival and procedure time.

Our scheduling team will check eligibility and authorization with your insurance company. Please ensure you have up to date contact information in your chart so we can reach you effectively. If you are scheduled for a COVID-19 vaccine, please let our staff know so we can schedule you accordingly. Vaccine and injection procedures must be at least 3 days apart.

Medical History

It is important to share your up-to-date medical information with your physician. You will be asked to confirm what medications you are taking and if you have any health-related problems.

You may be asked the following medical history questions:

- Do you have any health problems such as:
 - Diabetes, heart disease, high blood pressure (hypertension)
 - Current dental (teeth/mouth) infections
 - History of pulmonary (lung) disease
 - History of a deep vein thrombosis (blood clot) or pulmonary embolism (blood clot in lung)
 - Bleeding disorders and/or taking anti-coagulant medication (Coumadin, Eliquis, etc.)
 - Kidney disorder or Autoimmune disorder

Medications

Inform our office of all medications (and supplements) you are taking. Certain prescriptions, over-the-counter medications, herbal supplements, and vitamins can interfere with your procedure and need to be adjusted or held for a period of time. The biggest concern is medications/supplements that increase bleeding resulting in poor healing, excess pain, and a higher risk for infection or other complications. Certain medications or supplements may need to be out of your system prior to your injection procedure. **Refer to list below for medications of concern and timelines.**

Anti-Inflammatories (NSAIDs)

If you are having an epidural steroid injection in the neck (cervical) or upper back (thoracic) region, stellate ganglion, or sympathetic nerve block, **STOP** taking any of the following for at least **5 days prior** to your injection procedure: Aspirin, Advil, Aleve, Celebrex, Excedrin, Ibuprofen, Motrin, Naproxen, Meloxicam, Omega 3 (fish oil, flaxseed oil, etc.), Vit E, St. John's Wort, or Ginko, **If another physician has instructed you to take any of these medications, do not discontinue them until you've discussed with your prescribing physician.**

Blood Thinners (Aspirin, Coumadin, Plavix, Xarelto, Eliquis, etc.)

Stop taking blood thinners as directed by your prescribing physician prior to your procedure **only if** you are having an epidural steroid injection in the neck (cervical) or upper back (thoracic) region, stellate ganglion, or sympathetic nerve block. **DO NOT** stop taking prescribed blood thinners prior to other spine injection procedures such as medial branch blocks, radiofrequency ablations, or epidural steroid injections into the lumbar spine.

Steroids

If you are taking steroids (e.g. prednisone, methylprednisolone) please **inform** the Surgery Center at Flagstaff Bone and Joint at (928) 440-4610.

Antibiotics

If you recently started taking antibiotics (e.g. amoxicillin, penicillin, doxycycline), for an acute infection, please call Dr. Meier/Swain's office. Your procedure will be rescheduled until after your antibiotics are completed, and your infection is treated.

Sedation

Conscious sedation, is a type of sedation to help reduce the anxiety and pain associated with procedures. If you undergo conscious sedation, you will be given a combination of medications during your procedure to help you relax and to block pain. During conscious sedation, you will most likely feel relaxed while remaining awake and responsive. You may also feel sleepy or even fall asleep while sedated. Discuss with your physician if conscious sedation is recommended for your procedure.

INSTRUCTIONS if undergoing conscious sedation:

- Do NOT eat or drink anything 6 hours before your arrival time (including coffee, gum, or hard candy). Sips of water up to 2 hours prior to procedure is okay.
- You MUST arrange for a responsible adult caregiver to assist you on the day of your procedure and drive you home afterwards and stay with you for 24-hours. Sedation may temporarily impair your judgement, perception, and dexterity.
- YOUR CAREGIVER SHOULD STAY WITHIN A SHORT DISTANCE OF THE FACILITY WITH ACCESS TO THEIR PHONE THE DAY OF PROCEDURE.

If you do **NOT** undergo conscious sedation: eat and drink per usual, and you may drive yourself home.

Day Before Injection

- Take all routine medications except those you've been advised to STOP before your procedure. If there is any question about which medications to take, please check with our office at (928) 773-2280.
- If you come down with a cold, fever, rash, or any other medical problem close to your injection date, please notify the Surgery Center at Flagstaff Bone and Joint at (928) 440-4610 to be safely rescheduled.
- Gather everything you need to bring with you to the surgery center:
 - Cases for contact lenses, glasses, or dentures
 - Photo ID and Insurance Card
 - Tote bag for all your belongings

Day of Injection

- Freshly bathe or shower prior to your procedure. This will reduce your risk of infection.
- **DO NOT APPLY ANY MAKEUP, MASCARA, FINGERNAIL POLISH, BODY LOTION, DEODORANT, POWDER, OR HAIR PRODUCTS.**
- Wear freshly washed, comfortable, and loose-fitting clothing. DO NOT wear any jewelry.
- Bring your Photo-ID, Insurance Card, cases for contacts, glasses, etc., and tote bag for belongings.
 - **DO NOT bring any valuables** with you to your procedure.
- Follow your doctor's instructions regarding medication prior to your procedure.
- The morning of your procedure, take allowed medications (including blood pressure medications) with a small sip of water (unless instructed not to by the nurse during your pre-procedure phone call).
- If you are diabetic; take your oral diabetic medications and insulin per your prescribing physician's orders (unless directed otherwise during your pre-procedure phone call with the nurse). Bring your diabetic medication with you.
- Use inhalers as usual and bring inhalers with you on the day of your procedure.

- You **must show up early to your procedure**, please refer to the time given to you by the surgical facility.
- **Patients under the age of 18** must arrange to be accompanied by a custodial parent or legal guardian.
- If you are undergoing Conscious Sedation and you eat or drink anything (this includes gum, lozenges, hard candy) before your procedure time, your procedure will be cancelled or **you will have the option to have the procedure without sedation**.

After Injection

After your injection procedure is completed, you will be discharged home once we are sure you are stable and comfortable. If conscious sedation was given, a sedation nurse will gradually bring you out of sedation and monitor your vital signs.

If you received sedation, do not drive a car, operate machinery, drink alcoholic beverages, make important decisions, or sign legal documents for 24 hours after your procedure.

If you experience a headache, drink fluids (Powerade, etc.) and take caffeine. Although headaches can make you feel terrible, they are usually not dangerous. If you have a headache that continues for more than 48 hours please contact our office.

Take your normal medications as prescribed by your doctor. Prescription blood thinners and over the counter NSAIDs (such as ibuprofen, Advil, naproxen) may also be resumed **the evening of the procedure**.

No submerging in water (bath, hot tub, Jacuzzi, swimming pool) for **2 days** after injection. It is okay to remove the dressing/bandage and shower the day after your injection.

Call our office immediately if you experience any of the following:

- Chills or fever above 100.5 °F
- Trouble breathing or chest pain.
- Severe nausea, vomiting, rash, and/or itching.
- Signs or symptoms of infection including excessive redness, drainage, or significant swelling.

Flagstaff Bone & Joint: (928) 773-2280

Apply Ice After Injection

After injection, apply ice to the area for 15-20 minutes at a time (placing a thin cloth between the ice and your skin to protect your skin). Remove the ice for another 15-20 minutes before icing the area again. **Repeat** icing for ~20 minutes on, and ~20 minutes off for a period of 2 hours after injection. Icing for 15-20 minutes at a time may be continued throughout the week as needed.

Activity

For the first 6-8 hours after your injection procedure, gradually increase activity with assistance, as tolerated. For 2-weeks after your procedure, avoid heavy lifting, but continue any stretching programs given to you by your physical therapist.

BRING THIS TO YOUR FOLLOW UP APPOINTMENT

Pain Diary

If you had a diagnostic block of your facet joint(s), complete the pain diary below.

*Please **wait 6-hours after procedure** prior to taking any anti-inflammatory medications or pain medications.

Procedure Time: _____

Pain scale PRIOR to procedure (1-10): _____

Pain scale IMMEDIATELY AFTER procedure (1-10): _____

Pain Scale:

0 = no pain

10 = worst pain possible

Complete the Pain Diary Below

Place a checkmark under "better, same, or worse" and record what % relief you've had at each time interval after your injection procedure. **Relief % Scale:** 0% = no relief → 100% = complete relief.

Time after procedure	Better	Same	Worse	% Relief (0-100%)	Comments
1 hour					
2 hours					
4 hours					
6 hours					
8 hours					
12 hours					
1 day					
2 days					
3 days					
4 days					
5 days					
6 days					
1 week					
2 weeks					

Patient Signature: _____

Signed by Witness: _____