

**CENTERS FOR PAIN MANAGEMENT
1493 KENNEDY ROAD
TIFTON, GEORGIA 31794
229-391-2910**

Patient Information: Before the Procedure

Clothing: Your clothing should be loose fitting and comfortable. If you are having a procedure on your neck and have long hair, please bring something to tie your hair back. If you are having a low back procedure, do not wear a belt, pants with zippers, metal hooks or tips. If you are having a radiofrequency (RF) procedure, you will be required to remove your pants and pantyhose to access your thigh.

Diet: You may eat a light meal or snack at anytime before your procedure unless otherwise instructed not to. However, **if you are having a spinal cord stimulator placement or an Intrathecal pump Implant**, you cannot eat for eight hours prior to the procedure. You may only have water up to four hours prior to the procedure.

PAIN MEDICATION: Please do not wait until you get to the office to take your pain meds. You should take your own pain medication along with your medication for other health issues. The only exception to this is if you are on any blood thinner. You should leave this off for **five** days prior to your scheduled day of your injection. If you are having a diagnostic injection (such as a Medial Branch Nerve Block), do not take any type of pain medication for 6-8 hours prior to the procedure.

Patients on Anticoagulants (Blood Thinning Medication):

- Patients on **Plavix** should discontinue this medication for SEVEN days prior to your scheduled day for you procedure. If your cardiologist has you taking this medication on a daily basis, please let us know immediately. We have to get their permission to stop this medication before you stop it
- Patients on **Aspirin** should discontinue this medication FIVE days prior to your scheduled day for your procedure. IF your cardiologist has you taking this medication on a daily basis, please let us know immediately. We have to get their permission to stop this medication before you stop it.
- Patients on **Coumadin (warfarin) or Heparin** medication should also discontinue their medication FIVE days before their procedure. *You will need to go by TRMC hospital prior to arriving at our office and have your blood drawn. There will be an order waiting on you there or one will be given to you, to take with you.*
- **Lovenox** patients should discontinue this medication 24 hours prior to your procedure.
- **PLEASE READ: ALL ANTICOAGULANT MEDICATIONS SHOULD BE RE-STARTED THE DAY AFTER YOUR PROCEDURE, UNLESS OTHERWISE INSTRUCTED OR YOU UNLESS YOU ARE HAVING A TRIAL SPINAL CORD STIMULATOR OR TRIAL INTRATHECAL PUMP TRIAL.**

Please be aware that not all procedures performed in our office are considered on office visit by your insurance company. Some insurers consider procedures done in the office setting as an out-patient setting visit and therefore, require different co-pays. Check with your insurance company to verify your benefits.

**Centers for Pain Management
1493 Kennedy Road, Suite B
Tifton, Georgia 31794
(229) 391-2910**

Patient information: After Procedure

Activities:

- You are encouraged to maintain your normal activities. Stay within your comfort zone.
- Remember to maintain proper body mechanics at all times.
- When you feel better after the procedure, do not suddenly do more than your normal activities as this could make your pain return.
- If you have had a **Cervical Epidural** procedure, do not lift more than 10 pounds at a time for the first 24 hours after the procedure.
- If you have had a **Diagnostic Block**, be sure to follow the Pain Log instructions for at least 24 hours after the procedure.

DIET:

- Maintain your normal diet as tolerated before and after the procedure.

SEDATION:

You may experience affects of the sedation for the first 24 hours after administration. Therefore, in order to prevent harm to yourself or others, please do not drive, operate any machinery or make any important decisions during this 24-hour time frame.

PAIN:

There may be an increase in your pain for the first 24-72 hours after the procedure. Rest quietly and treat your injection site with ice for 20 minutes at a time as needed. Take your pain medication as prescribed. If you should have muscle spasms, treat the site with heat packs for 20 minutes at a time as needed. Take your muscle relaxant as prescribed.

*** Remember to use Heat or Ice treatments for only 20 minutes at a time as they may cause skin irritation.*

***If you experience headaches, lie down as flat as possible and drink lots of fluids, caffeinated fluids are best to use.*

If any of the following occur,

Call Centers for Pain Management at (229)391-2910

- **Swelling, redness, or drainage from injection site and/or persistent pain.**
- **Elevated temperature over 101 degrees.**
- **Intolerable headache.**
- **Increase in numbness, weakness or tingling in legs or arms.**
- **Inability to control bladder or bowels (incontinence).**