

You are scheduled for a pain procedure with Camp Interventional Pain Associates. Thank you for allowing us to care for you. You will find helpful instructions and information in regards to your procedure below.

Before your appointment:

Blood thinners:

Before your appointment, you may be asked to stop any blood thinning medication. We will let you know if you need to stop this medication. In general, it is safe to resume your blood thinner 24 hours after the injection. We will let you know if this does not apply to you.

Non-steroidal anti-inflammatory drugs/aspirin/fish oil:

If you are having a **cervical epidural steroid injection or stellate ganglion block**, we also ask that you stop any non-steroidal anti-inflammatory medications (diclofenac, meloxicam, ibuprofen, naproxen). You will be asked to stop these 1-4 days prior to the procedure depending on the medication you are taking. Naproxen and Meloxicam is held for 4 days before the procedure and diclofenac and ibuprofen is held for 24 hours before the procedure. We will also ask you to stop aspirin for 6 days prior and fish oil for 7 days prior to this injection. You can resume these medications any time after your procedure. If you forget to stop your blood thinner or anti-inflammatory medication, your procedure may be cancelled depending on the risk/benefit discussion that will occur with your physician.

Attire:

If you are having an injection in the low back or of the joints in the leg, it is helpful if you wear elastic waisted pants without buttons or zippers. If you are having an injection in the neck, we will likely require you to remove your shirt for the injection. For any neck injections, it is best for hair to be secured in a pony tail or clip.

Reasons to cancel your appointment:

You are free to cancel your appointment at any time. However, there are a couple of reasons why we may have to cancel your appointment the day of the procedure.

- 1. Current infection or antibiotic therapy**
- 2. Continued blood thinners when they were supposed to be stopped**
- 3. Covid vaccination within the 2 weeks prior or scheduled within 1 week after injection**

Day of appointment:

Please arrive at or before your scheduled procedure time with a designated driver. You will be roomed and your vital signs will be taken. You will then be escorted to the procedure area that holds our X-ray machine and ultrasound. We will perform a "time-out" procedure to check any allergies, the procedure to be performed and to ensure there is no contraindication to proceeding with the procedure. We will talk you through the procedure. For the most part, you will fill a bee sting from the numbing shot prior to us placing the needle. For most procedures, we use either X-ray or ultrasound guidance to help us guide the needle into the correct spot. Most procedures take 10 minutes or less. We will let you know if we expect the procedure to take longer.

Following the procedure:

You will stay in the clinic for about 10 minutes after your procedure. After leaving the clinic, the only activity restriction you will have is to avoid soaking the injection area in water for 48 hours.

You can still shower and let water run over the area but please do not submerge it into water. You may take it easy the first day or two following your procedure if you feel like it, but there is no obligation to do so. It is not uncommon to have a pain flare following a procedure. You may use any pain medications that you were taking prior to the procedure. You may also use heat or ice on the area but we caution against using heat the day of the procedure because your skin may be numb and this can cause burns. Most pain flares following procedures only last a few days.

Steroid injection

If you had a steroid injection, the steroid takes 3-5 days to **start** working and 2 weeks to reach its peak effect. That is why we wait 2-3 weeks following a procedure to see you. Don't feel discouraged if you aren't feeling better immediately after the procedure. We do not expect you to feel better immediately.

Nerve blocks

If you had a diagnostic or "test" block using numbing medication. We do expect you to feel better within 15-20 minutes after the injection and it will only last a few hours. Please call us the day following your injection to let us know how many hours it worked and what percent pain relief you had (*i.e.* I had 80% relief for 6 hours). Depending on the percent relief you had, we may schedule you for a more permanent procedure.

Concerning symptoms

Please call our office and let us know if you have any **NEW** and **SEVERE** pain, rash, bowel or bladder accidents, fevers or chills (in the **ABSENCE** of other viral symptoms such as cough, headache, body aches, runny nose), **NEW** and **SIGNIFICANT** numbness or weakness following an injection. We may ask you to visit an urgent care or ED for further evaluation to rule out any serious complications following the injection.