**Point Performance Medicine**

**Spinal Procedure Information**

***\*\*COVID VACCINE AND FLU SHOT SHOULD BE AVOIDED 2 WEEKS BEFORE OR AFTER INJECTION\*\****

**What is it?**

* A spinal injection is an outpatient procedure performed in our offices, involving the use of x-ray to precisely inject medicine into and around the spine, to treat pain in the lower back, buttocks, hip or groin.

**Why is it done?**

* To diagnose or treat pain through the administration of anti-inflammatory medicines directly into specific areas of the back.

**How is it done?**

* First, a local anesthetic, or numbing medicine is administered. Second, a corticosteroid, or anti- inflammatory medicine, is injected around a spinal nerve or into the painful joint or ligament. This is guided by a fluoroscopy, a specialized type of x-ray, to ensure the safe and proper position of the needle.

**What to wear?**

* You may shower or bathe the morning of your procedure; however, do not apply any lotions or creams, perfume or cologne to the procedure area.
* You are free to wear either contact lenses or glasses. You may wear your hearing aids and dentures, if appropriate.
* Please wear comfortable, loose fitting clothing.

**How long will it take?**

* You should plan to be at our offices for up to 1 hour.

**Can** I **eat before?**

* the day of your procedure there are no dietary restrictions. A light meal and adequate hydration (8oz of fluid) are recommended.

**Can** I **take my medications?**

The following medications can be taken the morning of your procedure.

* Tylenol
* Diabetic Medications: *Continue as prescribed*
* Pain Medications: *Continue as prescribed*
* Anxiety Medications: *Continue as prescribed*
* Sleeping Medications: *Continue as prescribed*
* Blood Pressure and/or Heart Medication: *Should be taken as directed on your prescription bottle*
* Do not take any herbal or vitamin remedies the morning of surgery.

**Should** I **stop taking aspirin?**

* For neck injections, stop 7 days prior.
* For lower back procedures, stop 3 days prior.
* **You do not need to stop baby aspirin prior to procedure.**

**Can** I **take anti- inflammatory medications?**

* Anti-inflammatory medications **(Motrin, Ibuprofen, Advil, Aleve, Celebrex, etc):** For neck injections, stop 5 days prior to procedure and for lumbar injections stop 3 days prior.

**Can** I **take my blood thinner?**

* Plavix- stop 7 days prior to appointment (clearance from cardiologist is required}.
* Coumadin- Please consult your Cardiologist before stopping medication, an INR should be drawn the day before appointment
* Aggrenox- stop 7 days prior to appointment
* Lovenox- stop 12 hours prior to appointment
* Xarelto- stop 48 hours prior to appointment
* Pradaxa (*Dabigatran) -*stop 72 hours prior to appointment

**What are the possible side effects of steroid medication?**

* Corticosteroid side effects can occur after an injection, but are very rare and typically resolve after several days. Side effects include: flushing, hot flashes, mild palpitations, elevated blood pressure and blood glucose, insomnia, water retention, feeling anxious/ restless, or headaches.

**Risks of this procedure include, but are not limited to:**

* Bleeding
* Infection
* Nerve injury
* Paralysis
* Avascular necrosis
* Spinal headache
* Muscle weakness
* Mild soreness at the injection site(s) may occur for 24-48 hours. You may apply ice in increments of 20 minutes several times a day.
* Infections are extremely rare, but if one occurs please call the office immediately. These signs include: fevers/ chills, severely increased pain, redness at the injection site(s), or any drainage from the injection site(s}.

**Where can** I **obtain more procedure information?**

Please visit our website [www.pointperformance.com](http://www.pointperformance.com/) or ask one of the Physicians for an information pamphlet.

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