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( ) 5364 FREDERICKSBURG RD BLDG D SUITE 100 SA, TX 78229

( ) 5368 FREDERICKSBURG RD BLDG C SUITE 100 SA, TX 78229

Procedure: \_\_\_\_\_

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PATIENT: \_\_\_\_\_

DOB: \_\_\_\_\_

APPOINTMENT: \_\_\_\_\_

TIME: \_\_\_\_\_

You are scheduled for a pain management procedure. Please review all the instructions below.

**PATIENT INSTRUCTIONS BEFORE YOUR PROCEDURE**

1. You **MUST** have someone with you, over the age of 18, who will be responsible for you and can drive you home. It is our policy that patients receiving procedures may not operate a motor vehicle. Unless otherwise instructed, you may **NOT** be discharged to a taxi service or public transportation. If you do not receive IV sedation, you may have different requirements for driving. Our staff will notify you of the instructions.
2. **NOTHING TO EAT OR DRINK**, this includes water, for eight (8) hours before your procedure.
3. You **MAY** take your essential medications the morning of the procedure with a very small sip of water. We **DO** want you to take your blood pressure medication. Please ask staff about any other medications.
4. If you are diabetic, please **DO NOT** take your Diabetic Medication on the day of your procedure. You may bring it with you to your appointment. Let the staff know you have your medication.
5. Wear comfortable clothing and leave all jewelry and any valuables at home. We are not responsible for any lost jewelry or valuables.
6. If you are late, your appointment may be delayed or rescheduled according to the doctor's schedule.
7. **Very Important:** You must stop all medications which may thin your blood. Please let the staff know about any and all over the counter medications which you may be taking every day, including herbal medications. Stop your medication:

\_\_\_\_\_ FOR \_\_\_\_\_ days prior to your scheduled procedure.

8. You should notify your PCP or Cardiologist prior to stopping any blood thinner. We require documentation from the prescribing physician allowing you to stop the blood thinner.

## OTHER PATIENT INSTRUCTIONS

1. If you desire IV conscious sedation, you will have a small IV, saline lock, started prior to the procedure. The procedure will be performed in our special procedure room. You will be monitored at all times by a Certified Nurse Anesthetist. There may be a charge, separate from the planned procedure for the anesthesia. Please notify the staff if you have any questions. You will Not be receiving a general anesthetic. It is Monitored Anesthesia Care, or commonly known as a “Twilight” sedation. The goal of sedation is to reduce any discomfort and decrease anxiety during the procedure.
2. Your procedure will last between 15 and 60 minutes, depending on the type of procedure. You will be monitored in our recovery room area for 20-30 minutes after the procedure.
3. We ask that your driver wait for you in the waiting room during your procedure. If your driver must leave during your procedure, make sure we have a good contact number to call when you are ready to be discharged home. MOST patients will be ready to leave about an hour after you are brought back to our procedure room.

## After Your Procedure

1. Every patient is different and pain relief is variable. Some patients experience immediate pain relief, but it may take up 2-3 days to see results. We ask that you keep track of your pain relief and report to the staff at your follow up appointment. In addition, there may be some soreness from the procedure site for a few days. You may return to regular activity the next day of the procedure. Some activities may need to be modified. If you have any questions, please be sure to ask the staff for more information.
2. We will keep you in recovery room from 20-30 minutes after your procedure. If you do not have sedation, then we will keep you at least 10 minutes prior to your discharge.
3. We will offer you some liquids after your procedure.
4. You may find some Band-Aids to the procedure site. Please remove the Band aids 24 hrs after the procedure. You may notice a very small amount of drainage in the area, this is normal.
5. Some patients have mild increased pain and soreness for up to 48 hrs after the procedure, but this is very rare. We recommend the use of cold or ice packs to the injection site to apply 10-15 minutes every hour as needed. You will receive a separate discharge instruction sheet with further instructions on the day of your procedure.
6. Some procedures are scheduled in a series of two or three. You will receive either a clinic follow up appointment when you leave or an appointment for another injection. If you do not receive an appointment, PLEASE call our office ( 210 ) 441-4333, ext: 3402 and request an appointment.