

Comprehensive Pain Center
Dr. Benton Pitkanen / Dr. Brooke Bell
Phone (205)878-4368 / Fax (855)809-8099
cpcbirmingham.com

Patient: _____

Procedure Date: _____ Arrival Time: _____

Procedure Location

Comprehensive Pain Center
2700 Highway 280 South, Suite 212
Mountain Brook, AL 35223

St. Vincent's One Nineteen
7191 Cahaba Valley Rd, Suite 110
Birmingham, AL 35242

Pre-Operative Instructions

1. **Nothing to eat or drink after midnight prior to your procedure.**
NO CANDY, GUM, MINTS, CIGARETTES, SMOKELESS TOBACCO OR TOBACCO PRODUCTS.
If you are scheduled for a late afternoon arrival, please check with the pre-op nurse as to which types of liquids are allowed.
2. Avoid any medications that lower your blood sugar (such as diabetes medications) the morning of your procedure. If you have an insulin pump, continue your basal rate, but skip bolus doses.
3. You may take morning medications as instructed with a small sip of water only.
4. **BLOOD THINNERS:** Avoid blood thinners as instructed.
 - No anti-inflammatory medications such as Advil, Aleve, Naproxen, Ibuprofen, Mobic (Meloxicam), Celebrex and 325 mg Aspirin
 - o 24 hours prior to **Lumbar/ lower back** procedures
 - o 7 days prior to **Cervical spine /neck** procedures, unless instructed otherwise.
 - If you take a prescribed blood thinner, you must call your prescribing doctor for permission to hold those medications. Please call us prior to stopping your blood thinner and confirm that your prescribing doctor has approved you to hold the medication for your scheduled procedure.
5. You must bring a driver with you the day of your procedure. You CANNOT be dropped off OR use a ride service. A driver must remain present.
6. Bring a picture ID and your insurance cards with you to the procedure facility.
7. You will receive post-operative instructions at the procedure location upon discharge.
8. Please call to reschedule if you experience any fever or suspect any infection or illness within 48 hours of your pending procedure.
9. If you start any antibiotics prior to procedure date, you must have completed at least 72 hours of that medication and be fever free at time of procedure.
10. A nurse will call you prior to your procedure to review your pre-op instructions **IF YOU ARE HAVING ANESHESIA.** If you do not hear from someone by 2:00pm the day before your procedure, please call us at (205) 878-4368.

Steroid Injection Discharge Instructions

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What to Expect:

Epidural Steroid Injections involve the insertion of a needle into the epidural space (outside the spinal cord) for the administration of a local anesthetic and a steroid. The steroid functions as an anti-inflammatory agent. The medications action can be, but typically is not, immediate and will peak anywhere between 3-14 days.

Discharge Instructions:

1. Every patient must be accompanied by a responsible adult.
2. Do not drive, operate machinery, or make legal/major decisions for 24 hrs after anesthesia.
3. Plan to rest the remainder of the day, and the next day as you are able.
4. Have assistance when getting up and walking for the rest of the day.
5. Do NOT take sedatives or drink alcoholic beverages the day/evening of your procedure as their effects may be exaggerated.
6. If you have not urinated within 6-8 hours, go to the emergency room.
7. For Diabetic patients only: Steroids may increase your blood sugar.
 - Check your blood sugar four (4) times a day for seven (7) days.
 - If your blood sugar is >250, call your primary care physician.
8. It is OK to resume your blood thinner at least 12 hours after your procedure
9. If you use a CPAP machine at home, use when napping/sleeping the day of your procedure.
10. If you have any problems, contact our office. If you cannot reach the doctor but feel that your symptoms warrant a physician's attention, go to the emergency department.

Home care Instructions:

- Avoid the use of heat on the injection site for 1 day.
- Do not take a tub bath or soak in water the day of the procedure.
- Resume your normal activities the day after the procedure.
- Apply ice to reduce the soreness around the injection site.
 - o Put ice in a plastic bag
 - o Place a towel between your skin and the bag
 - o Leave ice on for 20 mins, 2-3 times a day

Early Side Effects (typical):

- Light headedness
- Numbness, tingling in the leg
- Generalized weakness
- Nausea
- Mild pain or stiffness at site

Notify physician for:

- **Severe pain or stiffness at site**
- **Severe neck stiffness**
- **Fever >100 or chills**
- **Inability to walk**
- **Incontinence**

Call to schedule a follow-up visit as needed

Normal operating hours are 8:00am- 4:00pm Mon-Thurs and 8:00am-11:30pm Fri

For after-hours EMERGENCIES call the same number and you will be directed to our after-hours line.