**What to Expect on the Day of your Injection Procedure**

**Remember:**

* No eating or drinking 4 hours prior to your scheduled injection time.
* You will need a DRIVER to take you home after your injection (this is regardless of sedation. Due to your procedure and numbing the area around your nerve, you have delayed reflexes. Therefore, if someone slams on their brakes in front of you, you may not be able to slam on yours fast enough and you could be at an increased risk of an accident/collision
* You will arrive 1 hour prior to your scheduled injection time to allow for registration, insurance validation, and other paperwork for Golden Ridge Surgery Center.

**Pre-operative Room**

* You will be brought here first from the waiting room where we will give you a gown to change into. This is your very own private room with your own bathroom. There is a chair for your driver to sit in as well.
* Once you are changed, the nurse will accompany you to go over your medications and medical conditions. If you have any changes in medications, please bring a new list. The sooner that you can relay this information to the nurse, the sooner that we can provide you with your injection.
* The nurse will go over your discharge instructions in this room prior to your procedure in order to allow you to comprehend information prior to having sedation (if you choose to have this). Your ride must be present for this discussion and MUST sign for you as your responsible adult and driver acknowledging that they are responsible for your care and getting you home safely.
* **Dr. Knight or Shasta (Physician Assistant)** will come and speak with you prior to your injection to answer any other questions that you may have. They will have a CONSENT (permission slip) for you to sign that discusses the risks and benefits of the injection as well as the name of your injection.

**Procedure Room**

* You will either walk or we will take you from the pre-operative room to the procedure room by wheelchair for your injection. This is a separate room with an xray machine to help Dr. Knight to place your injection in the proper location. There will be 1-2 nurses in your room and an xray technologist when you are having your procedure.
* We will help you onto the table and position you on your stomach or back, depending on the injection that you are having. We will use pillows to support your back as we want you to be as comfortable as possible.
* Your nurse will then place monitoring devices on you and give you a nasal canula (tubing in your nose) for oxygen that we will provide during the procedure. This allows us to monitor you and ensure safety during your procedure.
* The Xray technologist will then write on your skin at the area near your injection spot , mark the side where you are having the most pain, and clean your skin with cold soap.
* If you choose to have sedation , this is when this will be given. We give you both Versed and Fentanyl. Please tell us if you have allergies to either of these. This medication cocktail allows you to be relaxed and comfortable. Please keep in mind that we use CONSCIOUS SEDATION, which means that you will not be completely “out”. Our goal is to keep you safe and able to talk to us, but not remember it or feel it. If you feel pain, it is usually just the first needle when Dr. Knight numbs your skin. You likely will not remember this because of the amnesic affect of Versed.
* For your safety, to ensure accuracy of the injection, we use fluoroscopy during most of our injections. We use the lowest amount of radiation for all procedures.
* Total time in the room is approximately 20 minutes, so please have your ride wait in the waiting room and NOT LEAVE

**Recovery Room**

* Immediately following the procedure, you will be admitted to the recovery room (PACU) where you will LAY FLAT for 20 minutes
* During recovery, your postoperative nurse will continue to monitor you as the sedation begins to “wear off”
* Your responsible adult/driver will then be called from the waiting room. If there were a few discharge instructions that were not covered in the pre-procedure room, they will be covered with your ride in the recovery room.
* You will then get dressed, your IV will be taken out, and you will be allowed to go home.

**Home:**

* **Epidural Steroid, SI joint, or Facet Block (Back and Neck)**
	+ The injection includes **2 numbing medications** (a short acting lidocaine that wears off in about one hour and longer acting lidocaine that lasts approximately 6-8 hours). These numbing medications start to work and you feel benefit almost immediately with improved pain day of your injection with some pain returning on the second day. These numbing medications often cause the legs (if you have a back injection) and arms (if you have a neck injection) to be somewhat weak, so be careful when walking and please avoid lifting for 24 hours. This is to protect you from falling or causing any other injuries.
	+ The injection also includes **a steroid medication** that can take up to 3-5 days to take effect. This is the medication that is meant to provide you with longer term relief of your pain. Some people get several years of relief and others only get a few weeks of relief. Most people get a **few months of relief**. This is why we have told you that you can have this injection **every 2-3 months or 4 times per year SAFELY**.
* **Hip Injection**
	+ The injection includes lidocaine and steroid only. The numbing medication starts to work and you feel benefit almost immediately with improved pain and range of motion on the same day as your injection with some pain returning on the second day. These numbing medications often cause the legs to be somewhat weak, so be careful when walking. This is to protect you from falling or causing any other injuries. The **steroid medication** can take up to 3-5 days to take effect. This is the medication that is meant to provide you with longer term relief of your symptoms.
	+ You will likely be a little weak/lightheaded for the day, especially if you have sedation. Please take FALL precautions for your safety.
* **Fluids and Diet:**
	+ No eating restrictions unless you are Diabetic, and then you should follow your normal dietary restrictions.
	+ Increase your fluid intake with preferably water on the same day of injection. This helps to flush out the sedation medications that were given as well as help to keep you hydrated. This will make you feel better.
* **Comfort Instructions:**
	+ You may experience a temporary increase in pain. Take your prescriptions as directed by your doctor and always read the label carefully for warnings and directions.
	+ Use cold packs or ice (no heat) for at least 48 hours as needed for comfort.
	+ Resume all home medications.
	+ Take it easy today and resume normal activities tomorrow.
* **Special Precautions:**
	+ **DO NOT** drive or operate heavy machinery for 24 hours or while taking medications
	+ **DO NOT** consume alcohol or any non-prescribed medication for 24 hours or while taking medications.
	+ **DO NOT** make important decisions or sign any important papers, including email documents for the next 24 hours
	+ **DO NOT** smoke over the next 24 hours unless in the presence of a responsible adult
	+ **You need to have a responsible adult with you for the next 24 hours**