



12930 Dairy Ashford, Ste 501-504
Sugarland, TX 77478

Pre-Procedure Instructions:

1. Do not eat, drink or use tobacco products after midnight, the night prior to your procedure.
2. If you take Aspirin, Plavix, Xarelto, Coumadin, Eliquis, or any other blood thinners, please let us know so that we may determine if these medications need to be stopped and/or if clearance needs to be obtained.
3. You may take your morning medication with a SIP of water, the morning of your procedure. If you are prescribed pain medications, bring them with you on the day of the procedure.
4. Prior to your procedure, please inform us of infectious symptoms and/or if you are taking antibiotics.
5. You will need to arrange for someone to drive you the day of your procedure. Please be aware that your stay in the facility may span on average 2-3 hours from the moment of check-in to discharge.
6. Shower the night before the procedure and the morning of the procedure.
7. You may take your morning medication with a SIP of water, the morning of your procedure.
8. Modern Pain Management, 713-298-0120 will contact you the day prior to your procedure to provide you your arrival time and insurance details.
9. Bring insurance cards with you the day of surgery, as well as your driver's license/ ID, and any deposit due.
10. Leave all jewelry and valuables at home. If you wear glasses or contacts, please bring your case with you for safe keeping. Wear loose, comfortable clothing and shoes. Do not wear makeup and please remove fingernail polish.
11. Be prepared to sign forms giving your consent for the procedure. If the patient is under age 18, a parent or legal guardian must accompany the patient and sign consent forms.

Procedure name/date: _____.



YOU SHOULD FOLLOW THESE PRECAUTIONS AFTER HAVING YOUR PROCEDURE. PLEASE READ CAREFULLY. THE STAFF WILL BE HAPPY TO ANSWER ANY OF YOUR QUESTIONS. KEEP THIS PAPER SO YOU CAN REFER TO IT LATER.

Post Procedure Instructions:

1. Do NOT drive, operate heavy machinery, or attempt any strenuous physical activity for 24 hours after your procedure. Rest or light activity is recommended on the day of the procedure. The day after the procedure, you may resume your normal routine.
2. Please be careful when getting out of bed or a chair too quickly. Your legs may feel weak or “rubbery.” You may also feel some lightheadedness or dizziness. Always assume a standing position with an easily available support, such as family member’s arm or the armrest of a chair. Always lie down and rest if these feelings occur. These symptoms should go away within the next few days.
3. It is not unusual to have some increased back/neck pain, depending on your procedure. Apply ice to the procedure site as needed (except around stimulator trial leads). You can resume your regular back/neck pain medication(s) or contact your physician if your regular medications do not help your pain. You may also resume regular daily activities as tolerated.
4. Do not hesitate to contact to call 712-298-0120 for unusually severe back/neck pain, fever (100.4 Fahrenheit or greater), chills, stiff neck, headache, inability to urinate, redness or drainage from the injection site, or new onset of leg numbness or weakness.
5. After the injection, It can take up to 24-48 hours to experience results, in some cases up to 2 weeks.

Pre-Admit Instructions:

1. Please keep in mind, the facility often has all of the patients arrive early due to any possible cancellations. The time that the facility gives you to arrive on the day of surgery DOES NOT correspond with the time of the surgical procedure. Expect to be in the facility, on average, between 2-3 hours prior to discharge.
2. It is recommended that you DO NOT smoke or drink alcohol at least (24) hours before or after surgery. These substances can cause you to have an adverse reaction to anesthesia and medication. No chewing gum or breath mints after midnight.
3. Report any health changes to your surgeon immediately even if the changes seem minor, such as fever, cough, rash, or a cold. Notify your surgeon if there is a possibility that you are pregnant.
4. Bring a list of your medication(s), both prescriptions and non-prescription. Please indicate the dosage(s) and when you take them. If you take any routine medications for any condition, ask your surgeon if you should take these medications the day of surgery. Your surgeon will instruct you on blood thinners such as (HEPARIN, COUMADIN, XARELTO, o-LOVENOX). Any patient with cardiovascular disease must have seen their cardiologist within 12 months prior to surgery.
5. Family members are expected to remain at the surgical center throughout your procedure.
6. Patients will exit the facility via wheelchair through suite 504. Please pull your car around to suite 504 for safe pick-up. One of the medical assistants or the nurse will bring the patient out.