



PROCEDURE LOCATION: 12930 Dairy Ashford Rd, Suite 501-504, Sugarland, TX 77478

PROCEDURE NAME: _____

PROCEDURE DATE: _____

We will contact you the day prior to your procedure to provide you with your arrival time and procedure cost if any.

PRE-PROCEDURE INSTRUCTIONS:

- Do not eat, drink, or use tobacco products after midnight, the night prior to your procedure.
- 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 cardiac clearance needs to be obtained.
- You may take your pain medication, thyroid medication, and high blood pressure medication the morning of your procedure with a SIP of water.
- 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.
- Please make sure you shower the night before and morning of your procedure.
- Leave all valuables and jewelry at home. If you wear glasses, please bring your case with you for safekeeping. Make sure to wear loose, comfortable clothing and shoes. Please refrain from wearing any makeup and remove fingernail polish.
- Prior to your procedure, please inform us of infectious symptoms and/or if you are taking antibiotics.
- Be prepared to sign forms giving your consent to your procedure. If the patient is under the age of 18, a parent or legal guardian must accompany the patient and sign consent forms.



PLEASE READ CAREFULLY, YOU SHOULD FOLLOW THESE PRECAUTIONS AFTER HAVING YOUR PROCEDURE. THE STAFF WILL BE HAPPY TO ANSWER ANY QUESTIONS YOU MAY HAVE.

POST-PROCEDURE INSTRUCTIONS:

- Do not 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. You may resume your regular routine the following day.
- 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 a family member’s arm or the armrest of a chair. Always lie down if these feelings occur. These symptoms should go away within the next few days.
- It is not unusual to have some increased neck/back pain, depending on your procedure. You may apply ice to your procedure site as needed (except around stimulator trial leads.) You can resume your regular medications as prescribed or contact your physician if your regular medications do not help alleviate your pain. You may also resume regular daily activities as tolerated.
- After the injection, it can take up to 24-48 hours to experience results, in some cases up to 2 weeks.
- Please call our office at 713-298-0120 if you are experiencing unusual severe neck/back 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.

PATIENT REMINDERS:

- Please keep in mind, the facility has all 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.
- 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.
- Report any health changes to your surgeon immediately even if the change seems minor, such as fever, cough, rash, or a cold. Notify your surgeon if there is a possibility you may be pregnant.
- Bring a list of your medications, both prescription and non-prescription. Please indicate the dosage and when you take them. Your surgeon will instruct you on blood thinners such as (Heparin, Coumadin, Xarelto, Lovenox) Any patient with cardiovascular disease must have seen their cardiologist within 12 months prior to surgery and have clearance.
- Family members are encouraged to remain at the facility throughout your procedure.
- 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 nurse will bring the patient out.