



## **What should I expect the day of my procedure?**

You will need to arrive 60 minutes in advance of the appointment time.

Please wear comfortable stretchy clothing without snaps. Depending on the facility, you will be placed in a gown.

Please be patient and understand that you may not be taken for your procedure at the exact appointment time given conditions outside of Dr. Barrack's control so please bring a book, knitting, etc.

If you are having IV conscious sedation, you **may not** eat or drink for 6 hours prior to procedure time and you must have a driver who will be available to stay at the facility until you are discharged.

Take your usual prescription medicine with sips of water .

**Especially, take your blood pressure medicine.** If your blood pressure is too high, your procedure may have to be cancelled.

The only **medication that must be stopped five days prior to your procedure** are bloodthinners,( plavix, Coumadin, warfarin, heparin-with approval of the prescribing doctor, aspirin), vitamin E, fish oil, or antiinflammatories, including medications that contain those medications. ( a full list of antiinflammatories such as aleve, advil, motrin, voltaren will be provided). For diabetes, please see other document.

The procedure will be performed only by **Alison Barrack, M.D.**

A fluoroscope will be used for all injection procedures. This is a moveable x-ray machine which the x-ray technician moves around you so that we can visualize your anatomy throughout your procedure.

We also use a water soluble dye as another tool to confirm location during the procedure process. (Please notify us if you are allergic to dye, betadine, or shellfish).

### **Once in the procedure room**

There is a nurse at your head, an x-ray technician, and a nurse assisting Dr. Barrack. You will have a blood pressure cuff on your arm, sticky tabs placed on your chest to monitor your heart rate, a small white clip on your finger to measure your oxygen. The first time the blood pressure pumps up, it can feel tight on your arm.

**Position-** You are on your stomach with your tummy on a pillow for the procedure unless you are having a hip joint, or pubic symphysis procedure where you are on your back and cervical facets you are on your side.

**Does everyone have amnesia?** You will be asked by multiple parties about the procedure you are having and the body part it will be given. This is part of the safety protocol of the medical facility. You will have a “time out” at the start of your procedure so that all parties in the room including you- agree to the procedure being performed.

**If you choose to have sedation,** this is a conscious sedation given through an IV. You continue to breathe on your own. You are relaxed and may sleep for periods during the procedure. You also may not recall much of the procedure itself.

This sedation will be administered after the “time out” and after you blood pressure, pulse and oxygenation are assessed.

**Medications used for sedation** are Versed ( a type of valium), and sometimes Fentanyl ( a morphine based pain killer).

**Medication used in the injection** - lidocaine, marcaine, depomedrol, or kenelog.

The length of time the procedure will take is approximately 30 minutes.

You will then be in recovery for 20-30minutes following the procedure.

There will not be numbness of the extremities (other than some tingling from the local anesthetic which is temporary) You will be able to walk.

If you choose not to have sedation, you may drive yourself.

We will always use local anesthetic at the site of the procedure and you should not experience significant discomfort during the procedure.

**If you have sedation, you may not drive for 24 hours** even though you may not feel the effects of the sedation after the procedure, it is still in your bloodstream.

**The day of the procedure**, you may perform all of your other normal activities and may eat and drink when cleared by the nurse in recovery.

The day following the procedure, you may return to all regular activities including driving, work, or physical therapy the day following the procedure.

You may restart you blood thinners the day following the procedure.

### **When do I follow up with Dr. Barrack?**

Please make a follow up appointment in four to six weeks in the office or when requested.

If you had a facet joint injection, please keep a journal 7-10days, and place 0/10 pain score daily as it is often difficult to recall specific pain scores.

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