

PRE-PROCEDURE INSTRUCTIONS

You have been scheduled for a procedure at the Pain Evaluation & Management Center of Ohio. This procedure has been explained to you and a consent form will be signed at the time of the procedure. If you have any additional questions, those can be answered prior to the procedure. Please pay careful attention to the following instructions.

1. Please bath or shower either the night before or the morning of your procedure. Please wear loose fitting comfortable clothing that is easy to get into and out of.
2. If you are requiring IV or IM sedation for your procedure you **MUST** have a driver. It is always recommended to have a driver with you for a procedure.
3. If you are requiring IV sedation for your procedure **DO NOT** eat or drink after midnight the night prior to your procedure. If you are scheduled for an afternoon appointment, you may have Clear liquids up until 6 hours before your scheduled procedure. Clear liquids include Jell-o, broth, tea, apple juice (any liquid that you can see through) **DO NOT** have anything to eat or drink including clear liquids for 6 hours before your scheduled procedure.
4. Please take all of your medications as you normally would with a small amount of water the morning of your procedure.
5. If you are currently on blood thinners, (i.e. Coumadin or Plavix) please ask our medical staff if the medication needs to be stopped prior to your procedure and for how long it should be stopped. If it is to be stopped you will need to call the Doctor who is prescribing it to verify it is ok for you to stop the medication and why it needs to be stopped. In some instances these medicines may need to be stopped 1 week prior to having your procedure.
6. If you currently take Aspirin or NSAIDS (i.e. Motrin, Naprosyn, or Celebrex) please stop these 4 days prior to your procedure. If you are not sure if a medication is an NSAID please check with us or call your pharmacist.
7. If you are a diabetic or have any intolerance to steroids, please notify our staff as sometimes steroids are used in some of the procedures that we do.
8. Arrive at the office 15-20 minutes before your scheduled procedure time and check in with the front desk.
9. Make sure that you have scheduled to have a driver with you unless the procedure that you are having will not require sedation or assistance following the procedure. Most of the procedures that we perform in the clinic require that you have some assistance to get home from the clinic.

All of our physicians are extensively trained in the procedures they perform. We have been providing procedures for 15 years to patients and have never had a major complication of any sort. Careful screening and training are the most important aspects of this.

Limited pain following a procedure is normal. You may be tired and drowsy following the procedure as a side effect of medications used for sedation. You will be given post-procedure instructions following the procedure as well.

If you have any questions or concerns, please call the office at 937-439-4949.

The Medical Staff

POST PROCEDURE INSTRUCTIONS

Following the procedure that you just had, you should not participate in strenuous activities for the first 24 hours if possible. Ideally, we would like you to go home and rest, and we recommend that you keep ice on the injection site for 20 minutes every two hours for the first 24 hours.

It is possible that you may have some increasing pain or some slight redness around the area in the first 24 hours. You may additionally have some pain in the extremity nearest to the injection site. This would all be normal. Sometimes the occipital blocks will increase headaches for a short period of time. This is not the most common side effect, but do not be upset if this occurs.

If after 48 hours you notice any sign of redness, inflammation, warmth, or start running a fever, this should be checked immediately. This may indicate that there is an infection. This usually can be treated safely and effectively with antibiotics. If increased pain persists more than 48 hours notify us immediately.

If you have any questions about what is going on, please do not hesitate to contact us during regular business hours or if you have an emergency after hours call 911 or go directly to nearest emergency room department.

Sincerely,

Richard M. Donnini, D.O.