

Before Your Procedure

Please make sure your authorization or referral from your PCP to our provider is up to date. If it is NOT you will be receiving a phone call from our office. We need these forms to be up to date or your procedure could be rescheduled or cancelled. Please bring your insurance card and notify us of any changes in your insurance.

Please read through the packet you are given when you book your procedure at the front desk. There is important information regarding when to stop medications, what medications you can continue to take, and what medications to stop with regards to your specific procedure.

Please arrange for a ride from a responsible person. You may have had sedation or the type of procedure that makes it illegal for you to drive. Your procedure could be cancelled if there is not a responsible person to drive you home and be with you.

Please arrange for any pre-op testing (blood work or x-ray) that you have been given by your provider to have done before your procedure. It is important to have these tests done when the provider tells you what day before surgery to, i.e. have your blood drawn.

Please bring a current list of medications you are taking.

Please wear comfortable clothing, leave valuables at home, and have reading glasses.

Please do not drink or eat anything after midnight the day before your procedure unless you are told differently by the MD or other staff member. A nurse will call before your procedure to confirm and to ask you some questions.

Day Of Procedure

Please arrive one half hour before your scheduled time of procedure. During this time, the nurse will be taking your vital signs, asking you questions, and explaining again about your procedure. If you are having sedation, your IV will be started here.

After moving to a different area, your MD will come to talk to you, explain the risks again of your procedure, update any new medical information, and have you sign your consent.

The Anesthesiologist will interview you, determining that your procedure and type of sedation is safe for you that day. If, everything is approved by the Anesthesiologist, they will have you sign the anesthesia consent.

The nurse will come to talk to you, will ask you some questions, look at the consents and your history. After these are done, she will escort you into the operating room.

In the operating room, you will be monitored watching your heart rate, blood pressure and oxygen content. You may be given extra oxygen during your procedure. The Anesthesiologist monitors you throughout the procedure, if you are having sedation.

When you are finished, you will be brought to the Recovery Room.

In the Recovery Room, you will continue to be monitored for an appropriate time. You will be offered something to drink. The nurse will continue to monitor for any side effects. You have to meet the discharge criteria to be discharged. The Anesthesiologist and the MD will see you in Recovery.

Discharge Instructions

page 1 of 2

ACTIVITY:

Rest for the remainder of the day, unless you are advised to resume activities immediately after your procedure. DO NOT operate heavy machinery or drive for 24 hours. DO NOT smoke for 24 hours without the presence of another adult. DO NOT drink alcohol after your procedure or while taking prescription medicines. DO NOT sign any major legal documents. DO NOT do any heavy lifting. DO have someone with you to help with stairs and walking.

DIET:

Start with clear liquids and go to a regular diet as tolerated.

WOUND:

Band-aids should stay on for 24 hours and DO NOT need to be replaced. Any large dressing should be kept clean, dry and changed by your physician.

BATHING:

Showers or baths may be taken the day after your procedure, unless instructed differently by your physician.

MEDICATION:

Take your medication (pain, antibiotics, etc.) as directed.

PLEASE NOTIFY YOUR PHYSICIAN FOR:

INFECTION:

Signs include fever, excessive redness, or discharge at the wound site.

NEUROLOGIC CHANGES:

Numbness lasting over 24 hours that is different than your pre-procedure condition or the inability to move an arm or leg or new weakness that is over 24 hours old.

DIFFICULTY BREATHING:

Continuous shortness of breath, cough, and/or painful breathing. You may be advised after certain procedures to go directly to the Emergency Room for any shortness of breath.

ADVERSE MEDICATION REACTIONS:

Rash, welts, and excessive itching. Some people may have flushing of the face if steroids were used.

Discharge Instructions

page 2 of 2

URINARY RETENTION:

If unable to urinate within 6-8 hours.

NAUSEA AND VOMITING:

If persistent and unable to tolerate clear liquids for over a 6-8 hour period.

DIABETICS:

Your blood sugar levels may rise for the next several days if you had a steroid injection. Please monitor your levels, if you do so regularly.

IV'S:

For any enlarged redness, drainage, or swelling.

PAIN:

Soreness at the injection is expected. Sometimes you may have localized muscle spasms and pain referred to other areas away from the injection site. Sometimes the original pain may return or occasionally get worse after the procedure. Notify the office with any questions or symptoms.

MEDICATION POLICY:

Controlled medications (narcotics, relaxants, or sedatives) MAY be prescribed prior to discharge. Controlled medications are not prescribed over the phone. If additional medication is requested, an office evaluation will be scheduled.

FOLLOW-UP APPOINTMENT:

You will need a follow up appointment at a time frame (usually two weeks) advised by the staff. Please call the office at 1.978.826.7230 to make your appointment. You will also receive a phone call the next day to check on you. We will leave a message, if you have signed a Consent for Communication form.