



Neurosurgery

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Physiatry: Preparing for your injection

SI JOINT INJECTIONS, HIP INJECTIONS, AND MEDIAL BRANCH BLOCKS may require discontinuing aspirin or blood thinning medications. If unsure, be sure to check with your physician.

FOR ALL OTHER INJECTIONS:

Aspirin products need to be discontinued 5-7 days prior to your injection.

If you are taking blood thinning medication, consult your primary care physician or cardiologist before stopping medication. These medicines include:

Coumadin/warfarin
Plavix/clopidogrel

Lovenox/enoxaparin
Xarelto/Rivaroxaban

Heparin
Brilinta/ticagrelor

- Provide a list of allergies you may have to medicines, anesthetics or contrast dye.
- If you are having a **Medial Branch Block** or a **Selective Nerve Block**, you must arrive to your appointment with pain present. Avoid taking optional pain medications to mask your pain.
- You may want to have someone available to drive you home after your procedure.
- Do not fast prior to procedure.
- If your pain has changed or discontinued notify our office as soon as possible prior to your injection.

What you need to know for *after* your procedure:

- It is normal to experience increased pain for 1-3 days after your injection.
- Applying ice packs on and off the injection site every 10-20 minutes as needed can help with post injection soreness.
- You can usually resume normal activities the day after your injection.
 - Exception: **Foraminal Branch Block patients** should resume normal activity beginning immediately after the injection.
- It takes a few days, and sometimes longer for a steroid medicine to reduce inflammation and pain.
- Call your doctor or go to the emergency room if you experience any of the follow:
 - ❖ Severe pain or headache
 - ❖ Fever or chills
 - ❖ Loss of bladder or bowel control
 - ❖ Progressive weakness
 - ❖ Redness, swelling, or drainage around the injection site
 - ❖ Hives and/or difficulty breathing