



## Pre-operative Instructions

Date of Procedure: \_\_\_\_\_

Time to arrive: \_\_\_\_\_

Location:

**Texas Orthopedic Hospital**  
7401 S. Main St.  
Houston, TX 77030  
(713) 799-8600

**Kirby Surgical Center**  
9300 Kirby Dr., Ste. 100  
Houston, TX 77054  
(832) 201-5157

**Foundation Surgical Hospital**  
5410 West Loop South  
Bellaire, TX 77401  
(713) 314-4444

Check-in: 1<sup>st</sup> floor, Spine Center

Check-in: Front Desk

Check-in: 1<sup>st</sup> floor, Front Desk

### PATIENT INSTRUCTIONS:

#### Arrival Time:

Your arrival time is not necessarily the time of your procedure. The time of arrival has been estimated to the best of our ability, but delays can occur, so bring reading material or other things to occupy your time should you be required to wait.

#### Eating & Drinking:

Nothing to eat or drink for 6 hours before your procedure including candy, lozenges or gum. You may brush your teeth, but do not swallow. A sip of water may be taken with any required medications the morning of your procedure, but just enough to get your pills down.

#### Medications:

Notify your physician before the date of your procedure if you are taking any of the following medications:

- Blood thinners (i.e. Coumadin/Warfarin, Plavix, Heparin, LovenoX, Aspirin)
- Anti-inflammatory pain pills
- Herbal medications
- Diet pills

The following medications should be taken at their regularly scheduled time with a sip of water:

- Blood pressure medications
- Heart medications (except aspirin unless otherwise instructed)
- Seizure medications
- Thyroid or other hormone medications

You should stop the following medications unless otherwise instructed:

- Aspirin 10 days before your procedure (i.e. Excedrin, BC Powder, Fish Oil, Alka-Seltzer, Vitamin E)
- Coumadin 5 days before your procedure
- Plavix 7 days before your procedure
- Any anti-inflammatory medications 3 days before your procedure (i.e. Advil, Aleve, Motrin, Ibuprofen, Relafen, Mobic, Lodine)
- Prescription diet medications 1 week before procedure
- Tylenol & Celebrex may be continued until the day of the procedure.
- No pain medications should be taken the day of the procedure

Insulin and oral medications for diabetes should be taken per your physician's specific instructions. Generally insulin and other medications to lower your blood sugar should not be taken the morning of the procedure. Please bring all your medications to the procedure in their original containers. Do not hesitate to contact your physician if you have any medication questions.

#### Dress:

Wear comfortable, loose fitting clothing. Leave jewelry and other valuables at home. Do not wear make-up or colored nail polish. If you wear contacts, bring a case for storage and all supplies necessary for care.

#### Transportation:

You must have a responsible person accompany you from the recovery room to home. Failure to have a ride home will result in cancellation. You should have a responsible person to stay with you 24 hours after your procedure.

#### \*\*\*Change in medical status\*\*\*

If there is a significant change in your medical condition or if you developed any signs of infection **please notify our office immediately** as this may necessitate rescheduling of your procedure.



## Post-Procedure Instructions

Day Phone (Doctor & McCann)	(713) 790-1500
Day Phone (Arthur)	(281) 540-7246
Night Phone / Answering Service	(713) 787-1848

Please call the office in 2 weeks to report your response to the injection, unless otherwise instructed to make a follow-up office visit. Contact the medical assistant or leave a message on their voicemail. She will consult with your doctor and call you back with any further recommendations. If you received steroid in your injection, the doctor asks that you allow 2 weeks for a complete response before calling in your follow-up report.

### What to expect after your injection:

- Local anesthetic may numb selective joint, nerves, or disc between 2 to 24 hrs.
- Soreness at the injection site.
- Localized muscle spasm around the injection site.
- Drowsiness from the IV sedation.
- Usual areas of pain may increase in intensity temporarily.
- Usual areas of pain may return day of procedure or following day.
- Diabetic patients may experience elevation in blood sugar. Please monitor closely.

### Possible non-harmful steroid responses may be:

- Flushing of the face or redness over the body.
- Increase of body temperature by 1-2 degrees.
- Night sweats.
- Fatigue.
- Sensitive stomach.
- Anxiety or hyperactivity.
- Irregular menstrual cycle (if persists over 1 month, please contact your doctor).

### Notify your doctor if any of the following occur:

- Fever 101+ degrees.
- Progressive new area of numbness or pain.
- Rash, welts, excessive itching.
- Inability to urinate for more than 8 hours.
- Nausea, vomiting, or inability to tolerate clear liquids.
- Severe headaches that subside with lying down.

### When to go to the emergency room:

- Difficulty breathing or painful respirations.
- Chest Pain.
- Immobility.
- Uncontrollable leakage of urine or stool.

### Additional Information:

**ACTIVITY:** Rest for the remainder of the day. Do not drive or operate heavy equipment for 24 hrs. No smoking for 24 hrs. without supervision. No alcoholic beverages for 24 hrs. Do not stand or walk w/o assistance for 24 hrs.

**DIET:** Advance to regular diet as tolerated.

**WOUND CARE:** Band-aid may be removed after 24 hrs. Does not need to be replaced.

**MEDICATIONS:** Resume regular medications.

**BATHING:** Showers may be taken later that day, bathing allowed the following day.