
Robert E. Scott Jr., M.D.

Spine Care * Musculoskeletal & Sports Injuries * Neurodiagnostic Testing * Intraspinial Injections

Sorrento Valley
4910 Directors Pl. Ste. 350
San Diego, CA 92121
P: (858)277-7123 F: (858)277-3470

Epidural Steroid Injections

Appointment Info:

DOS: _____ **Time:** _____

<input type="checkbox"/> Surgical Center of San Diego 4910 Directors Pl. Ste. 100 San Diego, CA 92121 P: (858)750-4800	<input type="checkbox"/> Outpatient Surgical Center of La Jolla 4120 La Jolla Village Dr. La Jolla, CA 92037 P: (858)657-0055	<input type="checkbox"/> Sharp Outpatient Pavilion 3075 Health Center Dr. San Diego, CA 92123 P: (858)939-5105
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- Please arrive at the surgical center **1 hour** prior to your appointment time to fill out necessary paperwork and to get prepped for the procedure.

Sedation Type:

- IV Sedation:
 - Do not eat or drink anything **6 hours** prior to your procedure (not even water!)
 - You will need an adult to drive you home following the procedure.
- Local Sedation

Important: All medicines or supplements that affect bleeding time must be stopped. **Unfortunately, failure to stop these medications as instructed will result in cancellation of your procedure.**

- Nonsteroidal Anti-Inflammatory Medications (NSAIDs) must be **stopped 3 days** before the day of the procedure. Examples include: Ibuprofen/Motrin/Advil, Naprosyn/Aleve, Meloxicam/Mobic, Diclofenac/Voltaren, and others. Please ask if you are not sure.
- Aspirin/Aspirin containing products must be **5 days prior the procedure**.
- Blood thinning products such as Coumadin, Plavix, and Aggrenox, usually must be stopped for 7 days. Eliquis, and Pradaxa typically must be stopped for 2 to 3 days depending on cardiology instructions. with **Do not stop these important medications without written medical clearance from and Dr. Scott's coordination with the prescribing Internist/Cardiologist.** Spinal injections are not as medically important as is maintenance of your cardiac health.

If you are diabetic, please make certain that your blood sugars are under good control as they may rise for several days following the procedure.

If you have high blood pressure, please let us know if your pressures are not under control as high blood pressure may lead to cancellation of your procedure.

If you have any recent health changes, infections, recent or pending surgeries or dental work, then please inform us as these situations may interfere with your injection.

Procedure:

After checking in with the Nurse and Physician, you will be taken to the procedure suite. Most procedures require you to lie face down on the table. (Let us know if you have difficulty with this

position so we can make adjustments). The body are injected is first cleaned with antiseptic and then draped. The doctor then injects local anesthetic under the skin. The Fluoroscope (X Ray) is used to target the specific area to be injected and to allow the Doctor to direct the needle to the exact location needed. The doctor typically injects a small amount of Dye to visualize how the medication will spread when injected. This step improves accuracy and safety. You may experience pressure as the medications are injected.

The entire process takes only a few minutes. Expect some local soreness for the following 24 hours after the anesthetic has worn off. The anti-inflammatory injected may then take to 24 to 72 hours to take effect.

What to Expect After Your Procedure:

Injection procedures are generally well tolerated and uncomplicated.

The active anti-inflammatory medicine that is injected usually takes **2 to 4 days** to work.

In the meantime: expect some transient, local soreness or stiffness at the injection site. This should last 1 to 2 days only. You may treat this with ice applications, Tylenol, or with your prescribed pain medicines.

Side effects from the active ingredient, hydrocortisone, are relatively uncommon and mild. These may include: A mild dull headache, facial flushing, and insomnia. Less common side effects include: Pimples, agitation, muscle aches, abnormal menses, and weight gain.

Do not shower or directly moisten the injection site for **24 hours** after the procedure.

You may resume your basic home activities, unless the doctor has told you otherwise. Bed rest is typically not necessary. Exercise recommendation will vary among each individual.

You may drive today if you received no sedation anesthesia during the procedure. You may not drive for **24 hours** if you received sedation anesthesia.

If you are diabetic, your blood sugars are expected to rise. Diabetics should monitor blood sugars and adjust medicines according to Dr. Scott's instruction.

Call Dr. Scott if you experience any of the following:

- Nausea/vomiting
- Increasing back pain with each day after the procedure
- Fever
- Increasing redness or drainage at the injection site
- Moderate or severe headache that increases with standing and is relieved with lying.
- Increasing or new extremity pain, numbness, or weakness.
- Difficulty urinating

If you are given a **pain diary**, it is important to keep track of the amount of pain relief you receive and document it. Your feedback about your pain relief will guide us in deciding the next step of your treatment.

Dr. Scott's emergency pager number is (858)494-6621. There is no message. After the Beep, just type in your area code and number followed by the # sign.

For more info regarding these procedures go to: <http://www.spine-health.com/treatment/injections/epidural-steroid-injections>