



# SPINAL PROCEDURES

## Commonly Asked Questions

### **What is a spinal procedure?**

Spinal procedures are performed to confirm a suspected diagnosis and/or reduce pain and inflammation. The injections are performed under Fluoroscopy (X-Ray) to insure accurate placement of the needed. Intravenous sedation is available to most patients.

### **Does it hurt?**

Yes, it can be painful, but only for a few moments. The patient is given mild sedation for relaxation and pain relief, but will remain awake throughout the entire procedure. Most patients have limited memory of the actual procedure.

### **How long does the procedure take?**

Most procedures take 5-10 minutes. Some procedures take up to 20 minutes. Preparation and recovery will require a total of 2-3 hours of your time.

### **Why can't I eat or drink before the procedure?**

Some people become nauseous due to anxiety or discomfort. For safety reasons, your stomach must be empty. You may take medications with a small sip of water. If you are on a blood thinner, contact our office for special instructions.

### **When will I be able to return to work?**

You will need to take it easy and relax for the rest of the day after the procedure. You would not drive the day of your procedure. You will most likely be able to return to work the following day. IN most cases, you can return to all normal activities the following day.

### **Can I travel?**

Yes, it is okay to travel, but you may not drive the day of the procedure. For that reason, you will need to have a licensed driver bring you to your appointment and drive you home.

### **What can I expect after the procedure?**

The local anesthetic may produce temporary pain relief for several hours. After the anesthetic wears off, pain may return at a higher level for 24-36 hours – at which point the steroid begins to work. Additional injections may be necessary before any improvement is evident. For comfort and pain management, resume medications as directed, alternate heat and cold at the site of the injection, soak in a warm bath and rest in a quiet environment. Our office will contact you in approximately 5 days after your procedure to ask how you have responded to the procedure.