

# What you need to know about Pain Management

## Preparing for your procedure.

### QUALITY OF LIFE FOR ALL

**Trident Pain Center takes great pride in providing you with the best care and service experience in the Carolinas.**

We want to ensure a positive experience at any of our Trident Pain Center locations by offering information on Pain Management.

Pain Management Injections provide long-term pain relief by delivering a combination of local anesthetic and steroid to an area in the body that is the source of pain and use fluoroscopic image guidance to ensure proper needle placement.

### **What is a pain management injection?**

There are several types of pain management injections. Spinal injections, including epidural steroid, sacroiliac joint, and facet injections, provide long-term pain relief by delivering a combination of local anesthetic and steroids to an area in the spinal column or pelvis that is the source of pain. Joint injections are also performed to provide pain relief.

### **Some Injections performed by Trident Pain Center are...**

- Epidural Steroid Injection
- Transforaminal Epidural Steroid Injection
- Facet Joint Injection
- Caudal Epidural Steroid Injection
- Sacroiliac Joint Steroid Injection
- Percutaneous Lysis of Adhesions Injection
- Greater Trochanter Bursa
- Trigger Point Injection

### **Are there medication restrictions for this procedure?**

Yes. If you are on Coumadin, Heparin, Plavix, or another blood thinner you will need to discontinue this medication prior to your procedure. You **MUST** consult the prescribing physician for approval before you stop taking your blood thinning medication.

### **Can I eat or drink before my procedure?**

You may consume only clear liquids for three hours prior to your exam. Medications other than those mentioned above may be taken with water. If you have diabetes, please follow your normal insulin schedule and/or make sure your blood sugar levels are below **200** before procedure.

### **How much time should I allow?**

Procedure appointments typically take 2 to 2 ½ hours, but may vary depending on the injection ordered. Following your procedure, you will be monitored for at least 20 minutes before you are discharged home.

### **What should I wear to my procedure?**

Please wear warm comfortable clothing without metal zippers or other metal fasteners. Please keep valuable personal belongings at home or with your trustworthy driver, this includes jewelry, bags, sunglasses or anything that is easily misplaced. We are not responsible for lost or stolen items.

### **What should I bring to my procedure?**

Please bring your insurance card, valid ID and your co-pay. Your insurance company will be billed for the procedure. You will receive a bill for any non-covered expenses from Trident Pain Center.

- ✓ **BRING A DRIVER TO TAKE YOU HOME AFTER YOUR INJECTION.**
- ✓ **THE DRIVER MUST REMAIN ON TRIDENT PAIN CENTER PROPERTY FOR THE DURATION OF YOUR APPOINTMENT.**

### **Will the injection be painful?**

The amount and degree of discomfort that you will experience is highly variable depending on the injection that was ordered. Every attempt is made to maximize your comfort during the procedure.

### **How does the procedure work?**

A Fluoroscopy X-ray machine is used to guide the placement of a needle to the area of pain in your body. Medication is then injected into the problem area. Please keep in mind that it may take up to one week before the medication takes effect.

### **How will I feel after the procedure?**

You will be able to move about freely, but may want to perform only light activity for the remainder of the day. If you experience any soreness post procedure, please use ice and avoid heat for the first 48 hrs post procedure.

### **When should I expect to see the physician again?**

At discharge, you will receive paperwork that will include discharge instructions as well as a follow up appointment.

HAVE MORE QUESTIONS?  
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