

ABOUT YOUR PROCEDURE

Markus Niederwanger, MD

Please read this information about your procedure and sign below.

BEFORE YOUR PROCEDURE:

1 Week Before Procedure

Stop Aspirin, blood thinners, Plavix, Coumadin, anti-inflammatories.

Before the Procedure

- You may eat or drink before the procedure.
- You should empty your bladder before the procedure.

During the Procedure

- The area to be injected will be cleaned and prepped in a sterile fashion.
- The injection will take place and you may be asked questions during the injection about your signs and symptoms.
- You may spend up to thirty (30) minutes reading/resting quietly before you leave.
- You may experience these conditions that usually last 3-4 hours, but can last longer.
 - > You may have numbness, tingling, or weakness in your extremities.
 - > You may have difficulty urinating, or you may leak urine.
 - > Your blood pressure may increase, or decrease causing light headedness or you may even feel a little faint.

If any of these symptoms are associated with an extreme increase of pain that you have not had before or any inability to move your legs, please call the clinic and go to the ER immediately.

- You may have numbness in the injected area for up to 12 hours.
- The injection site may be sore for 1-2 days. Ice will help (20 minutes, 3 times daily)
- You may develop slight bruising at the site.
- Maximum improvement of your pain may take up to 2 weeks.
- You may experience body and leg cramps, especially if you are taking water pills, diuretics, hypertensive medications, or other steroid medications. To help eliminate this from happening, you must stay hydrated (drink plenty). Not staying hydrated can also increase your pain. Water with added minerals or Gatorade should help this. Do not drink Gatorade if you are a diabetic.

Patient Signature: _____ Date: _____

QUESTIONS?

Call Dr. Niederwanger's office at 912.644.3341

210 East DeRenne Avenue
Savannah, GA 31405

Spine.OptimHealth.com



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AFTER YOUR PROCEDURE:

Potential Complications.

If they do occur, they may include:

- Dizziness
- Backache
- Nerve Irritation
- Bleeding
- Seizure
- Allergic reaction (*to medications used*)
- Headache (after an epidural)
- Feeling "faint" after the procedure

Care After the Procedure:

- Rest the day of your procedure and avoid strenuous activities. It is not recommended to return to work the day of the procedure.
- **YOU MUST BRING SOMEONE WITH YOU TO DRIVE YOU HOME AFTER THE PROCEDURE.**
- **DO NOT DRIVE** for 3-4 hours after the procedure.
- You may shower, but do not use the bathtub, hot tub, whirlpool, or swimming pool for 2 days.
- You may use an icepack on the injection site for 20 minutes up to 3 times daily.
- Continue to take your usual medications.
- For diabetics, be aware that corticosteroids could elevate your blood sugar temporarily. Please notify your primary care physician and let them know you had an injection so adjustments, if needed, can be made to your diabetic regime.
- Do not take any other corticosteroids, by injections or any other form, without contacting your primary care physician.
- Please let your primary care physician, and any other physicians you see, know that you had an injection.
- Watch the injection site for any signs or symptoms of infection.

Call the clinic, or the nurse of the physician who performed your injection, if any of the following occur:

- **Temperature higher than 100.5 degrees Fahrenheit or 38.1 degrees Celsius.**
- **The injection site has excessive drainage or becomes red, swollen or tender.**

Patient Signature: _____ Date: _____

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