

Spine and Sports Intervention Center

NW 89th Blvd, Gainesville, FL 32606

(352) 265-5491



Please contact Shelli Hines at (352)273-7031 to schedule your injection.

What to bring with you:

If you are allergic to contrast dye (Omnipaque) please call the nurse at the Orthopaedics and Sports Medicine Institute at 352-273-7039 before you come to your appointment:

Medications Before the procedure

Please note It is okay to continue prescribed medications (blood pressure, insulin, water pills, depression/anxiety pill etc.) as well as other prescribed pain medications such as Neurontin, Lyrica, Celebrex, Ultram, Vicodin, Norco, acetaminophen (Tylenol), oxycodone, and morphine.

If you routinely need antibiotic prophylaxis please consult your primary care physician prior to the procedure for this prescription.

GENERAL INFORMATION

The Spine and Sports Procedure Center is located at Shands Rehabilitation Hospital at 4101 NW 89th Blvd, Gainesville, FL 32606 inside of The Health Park off of 39th Ave. See attached map for directions. If you expect any delays, need to cancel your appointment, or need directions please notify the Spine and Sports Procedure Center ahead of time at (352) 265-5491.

If you have specific questions regarding your current medications, please call the nurse at the Orthopaedics and Sports Medicine Institute at 352-273-7039.

Do not skip eating a meal before your procedure unless otherwise instructed. Eating will prevent you from feeling light-headed. Please call if you have any questions.

Are There Any Risks?

As with any pill or medical intervention, there are risks associated with an interventional procedure. Risks are present regardless of the skill, care, and experience of the physician performing the procedure. In most cases these risks and hazards are minimal and serious complication are rare.

Potential risks may include, but are not limited to: vasovagal response (passing out), new or increase of pain, infection, bleeding, permanent skin changes, allergic or unexpected drug reaction with minor or major consequences, and nerve injury.

There are serious potential risks to an unborn fetus from any imaging study, including x-ray and fluoroscopy. If there is **any** chance you may be **pregnant**, please postpone this procedure until it can be confirmed that you are not pregnant.

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What to Expect During the Procedure:

During the procedure, positioning is important to make the injection proceed smoothly and with the least amount of discomfort for you.

First the skin is cleansed with a sterilizing solution and a sterile drape is placed over the area. A local anesthetic medication (Lidocaine) is usually given to numb the skin near the injection site. (This typically feels like a pinprick followed by brief burning, similar to a bee sting).

Next, fluoroscopy (x-ray imaging) is used for precise localization. 'Contrast dye' is then injected to confirm the correct placement of the needle. A local anesthetic for numbing and /or steroids for reducing inflammation are then injected. It is not unusual for you to feel pressure or discomfort during the actual injection of the medication.

During the entire procedure you will be constantly monitored by the physician and adjustments will be made to keep you comfortable. You may have a monitoring device attached to you. After the injection is performed a small band-aid will be placed on your skin . You will then be asked to slowly sit up and take a few moments to get your bearings.

What to Expect After the Procedure:

After the procedure a staff member will escort you to the recovery area. You may experience some numbness or heaviness in your leg(s) so please walk slowly. Your vitals signs will be monitored to make sure that you are doing okay. Upon being discharged, instructions will be reviewed with you and you will be able to ask any questions you may have. You will then be able to get changed and go home.

For the next 48 hours you are asked to refrain from swimming, whirlpools and taking baths; showering is okay. Keep the band-aid on for one day. Please refrain from new strenuous activity for the next 24 to 48 hours. (General walking is okay.) You may resume normal activities the day following your procedure. Specific physical therapy instructions will be discussed with you, but may usually be resumed within 48 hours of the procedure. Please remember it takes up to a week for the steroid medicine to reduce pain and inflammation. You should make arrangements to have a regular office visit with the doctor performing your injection or with the doctor who ordered your injection one to two weeks following your procedure. To ensure availability, we encourage you to make the appointment in advance.