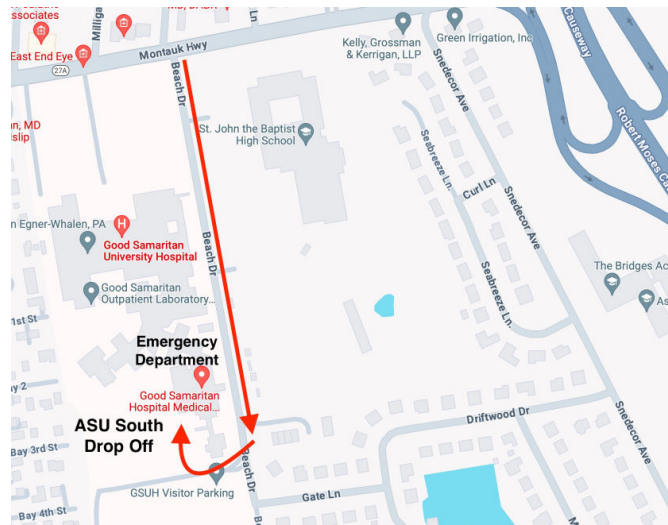


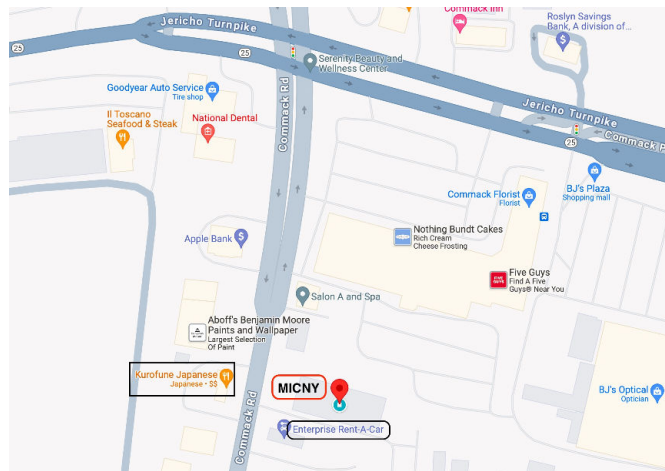
AFTER YOUR PROCEDURE

These are general instructions for most procedures performed by our doctors. Please refer to the post-procedural directions given by the facility at the time of your discharge for more specific details.

- Refrain from the following for **24 hours** after procedure:
 - Do not take a bath, swim, or sit in a hot tub.
 - Showers are acceptable.
 - Do not drive, operate heavy machinery or power tools.
 - Do not drink alcoholic beverages.
 - Do not make important legal decisions as your judgement may be impaired.
- You may experience some **temporary** numbness, weakness, or tenderness in the arms/ legs. This is normal after the procedure and usually occurs due to the anesthetic medications. It should improve within a few hours.
- You may have tenderness at the injection site. **Apply ice** to the area for 20 minutes 3-4 times per day and rest. Tylenol (Acetaminophen), Advil (Ibuprofen) or Aleve (Naprosyn) can be used to relieve any minor discomfort.
- You may develop some local swelling or redness at the site of the injection. If there are raised, red, significantly tender areas, please call our office.
- If steroid or cortisone was used during your procedure, it may take a few days for this medication to take effect.
- **Sometimes your pain may increase for 1-2 days before it starts to improve.**
- Steroids or cortisone, if used, may cause few temporary adverse reactions:
 - **Flushing or redness of the face** (Benadryl may help)
 - Sleeplessness (Benadryl may help)
 - Temporary rise in your blood pressure or blood sugar
 - **Menstrual irregularities** (women of childbearing age)
- Contact our office if any of the following occurs:
 - Fevers with or without chills
 - Severe increase in pain
 - Allergic reaction
 - If “something does not feel right”
- A follow up appointment will be planned one to two weeks after your procedure.



Good Samaritan University Hospital – ASU South
1000 Montauk Highway, West Islip, NY 11795
(Located next to Baxter Pavilion & MRI Center)
GPS Address: 128 Beach Dr, West Islip, NY 11795



Minimally Invasive Center of New York
66 Commack Rd, Suite 103, Commack NY 11725

Contact Us

SPINEPAIN SOLUTIONS

833-LI-SPINE OR (631) 310-0000

AmitSharmaMD.com

SpinePain SOLUTIONS

www.SpinePainSolutions.com • 833-LI-SPINE

Leading treatment center for spine, orthopedic, musculoskeletal and neurological pain.

MICNY

MINIMALLY INVASIVE CENTER OF NEW YORK

Procedure Planning & Instruction Guide

INVEST IN YOUR CARE
PLEASE READ THIS CAREFULLY

PRIOR TO YOUR PROCEDURE

- If your insurance plan requires Prior Authorization, please allow 5-7 business days for insurance approval process. Some insurance carriers may take up to 30 days for clinical review.
- Your care is our top priority. We will contact you to schedule your procedure as soon as we have obtained the required approval.
- **IF YOU ARE TAKING BLOOD THINNERS: DO NOT STOP BLOOD THINNERS WITHOUT PERMISSION!** You may be putting yourself at risk of a heart attack, stroke, blood clots or related complications. We will obtain a clearance note from your Primary Care doctor or Cardiologist and call you with specific instructions about these medications.

WEIGHT LOSS MEDICATIONS

If you are on the following medications for any reason, please let our procedure department know. They require special planning due to their anesthesia related interactions:

- Acxion, Lomira, Panbesy (Phentermine)
- Trulicity (Dulaglutide)
- Rybelsus (Semaglutide)
- Byetta (Exenatide)
- Saxenda (Liraglutide)
- Victoza (Liraglutide)
- Adlyxin (Lixisenatide)
- Ozempic / Wegovy (Semaglutide)

THE DAY BEFORE PROCEDURE

- Expect a text message from our Scheduling Department confirming your appointment (assuming you have opted for text notifications).
- Expect a phone call (if you have opted out of text notifications) with details about your procedure from our Scheduling Department, as well as from the facility where procedure will be performed.
- Take nothing by mouth after midnight the night before your procedure.
- Take your morning prescription medication(s) with a small sip of water. **DO NOT MISS YOUR BLOOD PRESSURE MEDICATION.**
- You should not be on blood thinners prior to the procedure, unless specified by the Surgical Scheduling Department ahead of time.
- You **MUST** have a designated driver to take you home.
- Please arrive at your designated location **ONE** hour prior to your scheduled procedure time (see map and directions on back).
- Expect to be at the facility for 1-1.5 hour. Your ride or family member is **NOT** required to stay with you. They can return later and pick you up at the time of your discharge.



 DETAILS

Our Team

Amit Sharma, MD

Diplomate, American Board of Anesthesiology & Pain Medicine

Director of Interventional Spine
SpinePain Solutions

Medical Director
Minimally Invasive Center of New York

Chief, Division of Pain Medicine
Good Samaritan University Hospital

Reginald Rousseau, MD

Diplomate, American Board of Anesthesiology & Pain Medicine

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DR. SHARMA



DR. ROUSSEAU



DR. TOOR



MS. BARON



MS. CLAYTON



MS. LICHTENSTEIN