



# PAIN MEDICINE ASSOCIATES, INC.

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■ **Medhat Mikhael, M.D., Inc.**

Medical Director  
Diplomate American Board  
of Anesthesiology  
Diplomate American Board  
of Pain Medicine

## PATIENT INFORMATION

### Preparing for facet, selective epidural, selective nerve root injections and discograms:

- Do not eat any solid food for 3-4 hours prior to the procedure.
- Procedural time for the injections generally ranges from 20-45 minutes.
- The physician will place an IV in your arm to permit access for medication should sedation be necessary for comfort. Please arrange for someone to drive you home.
- You will be kept on a gurney for observation for approximately 30 minutes after the procedure. Ask your primary M.D. when you can return to work.
- We recommend that you do not take any aspirin or aspirin-containing drugs for 7 days before the block. No Motrin, Feldene, Naprosyn or Advil for 2-3 days.
- Advise the nurse if you have any drug allergies or if you are currently being treated for any infection.

### Post facet, epidural, nerve root injections or discograms:

- Icing the area of injection 10 minutes at a time, 3 times a day, for 1-2 days following the procedure will reduce local muscle soreness.
  - After the procedure, avoid excessive exercise - even if you are feeling great - for at least 1 week.
  - If you are currently in physical therapy, resume it the week following the injection (i.e. injection on Wednesday, restart physical therapy on Monday). If your physical therapist is unsure what to do following the block, have him/her call the doctor.
- Follow - up appointments will usually be necessary in approximately 2 weeks.  
Call your physicians office 5-7 days after your block or sooner if you have any problems related to the block.

### What to expect from your injection:

#### *Facet Injection:*

- You may experience achiness and stiffness for 2-7 days at the injected site.  
Improvement in your baseline condition may be noted as early as 3-5 days, but it may take 2 weeks for significant effects to be noted.

#### *Cervical Epidural Injection:*

- You may experience neck and upper back aching for 1-2 days.  
Improvement in arm pain will often be noted in the first 2-3 days, but may be delayed for as long as 10-14 days.

#### *Lumbar Epidural Injection:*

- You may experience low back and sacral aching for 1-2 days.
- You may experience an increase in leg pain for 2-3 days.  
Improvements in leg pain will often be noted in the first 2-3 days, but may be delayed for as long as 10-14 days.

#### *Selective Nerve Root Block:*

- You may experience low back achiness or increased leg pain for 1-3 days.

#### *Cervical or Lumbar Discograms:*

This block gives your referring physician valuable information regarding your condition. It does not help your pain.

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