

PRE PROCEDURE INSTRUCTIONS FOR SPINAL INJECTIONS

What to expect if you have been referred to Dr Solsberg for a spinal injection

I have performed literally thousands of spinal procedures over my career but my philosophy is that the only routine or easy procedure is the procedure that someone else, other than you, is getting done! Your procedure is not routine to me and being anxious about getting an injection is understandable and normal. If you have questions about your procedure call the scheduling line 303-762-0060

What you should bring

Bring your MRI, CT and x-rays if they were done at another center. I will review these to help plan your procedure and understand your specific anatomy.

What will happen when you get to the office

You will fill out a brief form and questionnaire. Then the procedure will be explained to you and you will be asked if you have any questions and be asked to sign a consent form. Then you will be positioned in the procedure room on your stomach for lumbar (low back) injections and on either your stomach or side for cervical (neck) procedures. Local anesthetic is used for all procedure and once you are comfortable the procedure will be completed. A bandaid is placed at the end of the procedure and the discharge instructions will be explained to you. Most patients are discharged within 30 minutes to one hour except for [myelogram](#) or discogram (this is not a common procedure and is only for very specific indications) patients.

Things you must tell the doctor or staff

- If you have had recent **dental work or an infection** within the last week tell us. This increases the risk of infection and we may need to reschedule your appointment when you are well
- If you are on **blood thinners or Aspirin, Plavix, Warfarin, Coumadin** or the like this may increase your risk of bleeding. We need to know about what drugs you are on and if you are not sure please call prior to your appointment
- If you have any **allergies** let us know.
- If you have had **any prior bad experiences** with injections or if you are very anxious let us know. Being a bit anxious is normal but if you are really worried we can give you some medicine to make the procedure more tolerable. This requires a bit more planning and preparation and you will need someone to stay with you and to drive you home after the procedure if you receive any sedating medications or analgesics (“pain killers”).

Instructions for After your Procedure

What you should do after the procedure

The staff will go over your discharge instructions. TAKE IT EASY FOR TWO DAYS. Many patients feel great after the procedure because of the local anesthetic and it is important to not over do it or you might make your symptoms worse. Dr Solsberg and his staff will explain your restrictions of activity.

You will also be given a pain journal after the procedure. Make sure you bring this to your next appointment with the doctor who referred you. Our staff will call you two days after the procedure to see how you are doing but please call if you have any questions.

Watch out for these warning signs: This might be a warning sign of a developing complication

- **Headache**
- **Weakness**
- **Numbness**
- **Fever or Chills**
- **Bleeding at the Injection Site**
- **Progressive Numbness**

Complications are rare after spinal injection and may be serious. Basically, if you are concerned call us at 303-762-0060. Follow your instincts. If you develop headache, weakness, bleeding at the injection site, progressive numbness, fever or progressive symptoms, call us. If you even think it **might** be a medical emergency don't delay: call 911 or go to the nearest ER.