



COMPREHENSIVE PAIN CENTERS

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OTHER LOCATIONS:
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Edison, NJ
East Stroudsburg, PA
Emmaus, PA
Huntingdon Valley, PA
Lehighon, PA
Pottsville, PA
Reading, PA
WWW.COMPREHENSIVEPAIN.COM

Before the Procedure – if you are having sedation:

1. Do not eat or drink for 12 hours before the procedure; nothing by mouth includes water, coffee, juice, gum, mints, etc.
2. You may brush your teeth, but avoid swallowing water.
3. Afternoon surgery – you may eat a light meal 8 hours before and have clear liquids 6 hours prior to your procedure.
4. No alcohol for 24 hours prior to your procedure.

Medications: Coumadin and Warfarin – must be stopped 4-5 days prior to your procedure. Consult with your prescribing physician for appropriate directions before stopping this medication. Avoid any anti-inflammatory medications 3 days prior to an injection. Medications may include: Advil, Motrin, Ibuprofen, Naproxen, Aleve, DayPro, Relafen, Lodine, Mobic.

Aspirin – If you are taking aspirin for your heart, then speak with your cardiologist before stopping this medication. Diuretics (water pill) – Take after your procedure. Insulin – Take 1/2 of your prescribed insulin dosages the morning of your procedure. For afternoon procedures, drink 4-6 ounces of juice with morning insulin. Please bring insulin with you on the day of your procedure.

Other prescribed medications – Take your prescribed morning medications in the morning with a sip of water the day of your procedure.

Day of Procedure:

1. Bring your photo I.D. and Insurance cards with you.
2. Bathe before your procedure, either the night before or the morning of your procedure.
3. Dress – Wear loose comfortable clothing. Do not wear eye contacts; please wear your glasses instead.
4. Do not bring anything valuable with you.

After your Procedure

1. After your procedure, you will be given written instructions for your care at home. If you have any questions or problems after surgery, then please contact our office at 610-366-9000.
2. Once you return home, be sure to follow your physician's instructions regarding diet, rest, medication, and activity. It is not unusual to feel a little sleepy, lightheaded, or dizzy for several hours after your procedure.
3. You should not drive a car, smoke, drink alcoholic beverages or operate machinery for 24 hours after surgery. You should not sign any important papers or make any significant decisions for at least 24 hours.