

APPALACHIAN REHABILITATION PROFESSIONALS, PC  
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CERVICAL INTERVENTIONAL PROCEDURES

\_\_\_\_\_ **EPIDURAL STEROID INJECTION:** A procedure in which a needle is carefully placed in the space inside the bony spine but outside the dural sac containing the spinal cord. Steroid is injected to decrease inflammation and pain.\*

\_\_\_\_\_ **FACET BLOCK:** A procedure in which a needle is placed in the facet joint (Z joint). Local anesthetic (and sometimes steroid) is injected to evaluate whether the joint contributes to neck pain or headache\*

\_\_\_\_\_ **MEDIAL BRANCH BLOCK:** A procedure in which a needle is placed close to the facet joint (Z joint). Anesthetic is injected on the tiny nerve that supplies sensation (feeling) to the joint. Done to evaluate whether the facet joint is the source of neck pain or headache.\*

\_\_\_\_\_ **DORSAL ROOT BLOCK:** (Transforaminal injection): A procedure in which anesthetic is injected through the intervertebral foramen (side opening) of the spine to evaluate a specific nerve as a source of pain.\*

As with any invasive procedure such as surgery, there are risks to you when cervical interventional procedures are done. These range from common, minor side effects to the very rare but potentially catastrophic complications. The common side effects include, but are not limited to, local pain and soreness, headache, anxiety, upset stomach related to the steroid and local bleeding. Patients frequently report ataxia (a feeling of dizziness or unsteadiness). The very rare but potentially devastating complications include: seizure, stroke, paralysis and possibly death. ***If you are unable to stay in position without moving, you are not a candidate for this procedure\****

**\*If you are pregnant or suspect you may be pregnant, or if you have an infection or symptoms of infection (fever, chills, cough, cold, etc) please notify your doctor.**

**BEFORE THE PROCEDURE:**

**DO NOT TAKE:**

**7 days prior -** ASPIRIN OR MEDICATION CONTAINING ASPIRIN  
PLAVIX OR COUMADIN  
TICLID  
AGGRENOX  
GARLIC  
GINKO BILOBA  
GINSENG  
VITAMIN E

**3 days prior-** ALL NON-STEROIDAL ANTI-INFLAMMATORIES SUCH AS:

MOTRIN	IBUPROFEN	ADVIL
NUPRIN	ALEVE	NAPROXEN
TORADOL	MOBIC	ARTHROTEC
DISALCID	NABUMETONE	CELEBREX

**You may take** – TYLENOL/ACETAMINOPHEN  
PERCOCET/OXYCODONE  
LORTAB/LORCET/VICODIN/HYDROCODONE  
ULTRAM (TRAMADOL)  
ULTRACET

**PLEASE LET YOUR DOCTOR KNOW IF YOU ARE ON COUMADIN OR OTHER BLOOD THINNER.** If you have questions about your medications, please ask your doctor or pharmacist.

**PROCEDURE DAY:**

Take your morning medication before coming to the hospital/outpatient center except those listed on previous page. Please bring your current medication in the bottles.

You may eat a **LIGHT BREAKFAST** (Example: juice and toast, block coffee). NO MIL PRODUCTS. You may drink liquids **until 2 hours prior** to your procedure (water, tea, soft drinks, black coffee). If your procedure is scheduled in the afternoon, you may have a snack of toast or crackers late morning. If you have questions concerning the procedure or if you are unable to keep your appointment, please call 423-392-8100.

You will check in at the registration office and then be directed to the Same Day Services Desk and then taken to your room. The nurse in charge of your care will have you change into a patient gown, take your blood pressure, attach you to a monitor and do an evaluation of your pain. You will be asked to fill out some papers and your present medications will be discussed. When this is completed, the doctor will be notified. You are not put to sleep for your procedure.

**AFTER THE PROCEDURE:**

1. After the procedure is completed, the nurse may take your blood pressure frequently. A short time after the procedure, with your doctor's approval, you will be discharged. **YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE. IF NO ONE IS WITH YOU TO DRIVE YOU HOME, THE DOCTOR WILL RESCHEDULE YOUR PROCEDURE FOR ANOTHER DAY.**
2. Rest the remainder of the day. Sedentary activity only. The following day you may resume your normal activities (or the restrictions your physician had you on before the ESI).
3. Do not drive any vehicle the day of the procedure. You may have some slight weakness in your legs (medication effect), which could cause problems if you try to drive.
4. **For problems/concerns Monday-Thursday 8am-4:30pm or Friday 8am-12n, call 423-392-8100. For urgent problems related to your procedure after office hours and/or weekends, please call 423-224-4000 and ask them to page the physician on call for Appalachian Rehabilitation.**