

The Permanente Medical Group, Inc.

401 BICENTENNIAL WAY
SANTA ROSA, CALIFORNIA 95403

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KIRK PAPPAS, M.D.
Chief of Physical Medicine
and Rehabilitation
(707) 571-4186

DAVID M. VIDAURRI, M.D.
Physical Medicine and
Rehabilitation
(707) 571-4186

Name: _____

MR #: _____

PATIENT INFORMATION FOR SPINE INJECTIONS

APPOINTMENT INFORMATION:

_____ at _____ with [] Dr. Pappas [] Dr. Vidaurri
DATE TIME

Location: Santa Rosa Operating Room

Please register by _____ in Hospital Admitting. They will direct you
upstairs to the Surgery waiting room. Please notify admitting if this is an industrial injury.

For questions, cancellations, or rescheduling, call (707) 571-4186. If you need to cancel, please try to
do this several days prior to your appointment. We will call you within the week prior to the injection
to confirm.

PREPARATION:

Stop taking aspirin 7 days prior to the procedure. Stop taking other antiinflammatory medications
(Motrin, Ibuprofen, Naproxen, Aleve, Salsalate, Celebrex, Vioxx, Feldene, Lodine, Voltaren, Relafen,
Meclomen, etc.) 3 days prior to the procedure. It is not necessary to stop taking Tylenol
(Acetaminophen), Tylenol #3, Darvocet, or Vicodin.

Notify your doctor if you are taking glucophage, anticoagulants (Coumadin, Heparin or Plavix) or if
you have a history of a bleeding disorder.

Notify your doctor at (707) 571-4186 if you are currently being treated for any infection.

IF YOU ARE HAVING YOUR FIRST EPIDURAL, BRING A RIDE.

IF YOU ARE HAVING A SELECTIVE NERVE BLOCK / TRANSFORAMINAL EPIDURAL,
BRING A RIDE.

Otherwise you can drive yourself.

PREGNANCY: If there is any possibility that you might be pregnant, you should not have this
procedure because of X-ray exposure.

Please allow 1 hour for the procedure and recovery.

(Please see other side)



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Proof #1

WHAT TO EXPECT AFTER THE PROCEDURE:

Cortisone can have the following side effects: flushing of the face, sweating, fluid retention, frequent urination, stomach irritation, mood changes, insomnia, anxiety, headache, increased heart rate or palpitations, hiccoughs, and slight fever with flu-like symptoms. If these symptoms occur, they usually last only 2-3 days. If any of these side effects become significant or persist longer than 7 days, contact your physician.

Increased pain, including back pain and/or “sciatica” may be experienced for 1 to 7 days following the procedure.

Back soreness at the injection site: Icing the injection area, 20 minutes at a time, 4 times a day for 2-3 days as needed will reduce local soreness.

Decreased symptoms may occur in the first 2-3 days following injection but may take 10-14 days to occur.

Activity restrictions: Perform only mild activity day of the procedure; advance as tolerated. Avoid heavy work or exercise for 1 week, even if you feel well. **Physical Therapy** can resume 5-7 days after the procedure.

Medications: You may resume your regular medications immediately.

Spinal headache (rare): If you develop a severe headache which is worse with upright position, call (707) 571-4000. Ask for the Anesthesiologist on call. If it is after hours, you may be seen in the Emergency Room.

Follow-up: Your doctor will call you within 14 days to assess the effectiveness of the injection and to discuss future plans.