

## Procedure

- An IV (intravenous line) may be placed to provide medication to help you relax and for administering fluid if needed.
- You will be taken to the operating room and asked to lie on your back (for knee/hip injections) or stomach (for back injections).
- Your heart rate, oxygen level, and blood pressure will be monitored the entire time.
- The injection area will be cleaned using a sterile scrub.
- A local anesthetic will be used to numb the skin and underlying tissue around the injection site.
- X-ray guidance and contrast will be used to confirm correct placement of the needle.
- Once the needle is in place either a local anesthetic and/or steroid will be injected or in the case of RFA, the nerve will be heated.



**Trinity Health System**  
Orthopedics & Sports Medicine

**Dr. Suresh Srinivasan**  
3150 Johnson Road, 2nd Floor  
Steubenville, OH 43952

4100 Johnson Road  
Steubenville, OH 43952

trinityhealth.com  
740.314.5138



# General Procedure Guidelines



**For all procedures done by Dr. Suresh Srinivasan at Trinity Health System.**

### Procedures include:

- Lumbar Epidural Steroid Injection
- Cervical Epidural Steroid Injection
- Genicular Nerve Blocks
- Facet Joint Block
- Lumbar Sympathetic Nerve Block
- Peripheral Nerve Block
- Radio Frequency Ablation
- Intra-articular Joint Injection
- Transforaminal Injection
- Spinal Cord Stimulator Trial/Implant

## Things to Know Before Your Procedure

- Do not eat solid food for at least 6 hours prior to the procedure. It's alright to have clear liquids up to 2 hours prior to the procedure.
- Medications for medical conditions (heart disease, high blood pressure, etc...) can be taken with small sips of water the morning of the procedure.
- Blood thinner medications need to be stopped prior to the procedure. Let the pain management staff know of any medications you take. Do not stop any medications without consulting your primary care doctor.
- Do not take pain medication the day of the procedure.
- Diabetic patients should adjust their insulin and medication the day of the procedure since they are not eating for at least 6 hours prior to the procedure. Any questions about dosing should be directed toward the doctor who manages the patient's diabetes.
- Bring a list of all your medications with you.
- Notify staff when scheduling your procedure of any allergies including x-ray dyes, seafood, shellfish, or latex.
- Bring a driver with you, even if you are not getting sedation. Driving and operating heavy machinery should be avoided until the next day.

## Procedure with Sedation

- Follow all previous guidelines.
- Do not eat for 8 hours prior to procedure. If you have eaten within 8 hours, you will not be offered sedation.
- If you show up to the procedure without a driver, you will not be offered sedation.
- Your driver or another responsible adult may need to stay with you overnight.

## After the Procedure

You will remain in the recovery room for 30-60 minutes for observation. You will be offered a snack and your vitals will be monitored by a nurse. Discharge instructions will be given by the nursing staff and you must have an adult drive you home. It is important to record your pain relief and duration of relief after the procedure.

## Discharge Instructions

- Avoid driving or operating heavy machinery until the next day.
- Medications and regular diet can be resumed after the procedure.
- Resume regular daily activities but avoid strenuous activity the day of the procedure.
- You may take a shower but avoid a bath the day of the procedure.
- Bandages may be removed the evening after the procedure.

## Expectations

Local anesthetics wear off in several hours. Relief from the steroid may take a few days and duration of relief from steroid varies from individual to individual. Expect to resume normal activities or work the day after the procedure.