

**ACADEMY ORTHOPEDICS  
AMBULATORY SURGERY CENTER**

**PRE-PROCEDURE INSTRUCTIONS**

These instructions are intended to reinforce the telephone interview completed by the preop nurse.

NAME: \_\_\_\_\_ PHYSICIAN: \_\_\_\_\_

Your proposed procedure is \_\_\_\_\_

and the injection(s) are scheduled for: 1<sup>st</sup> \_\_\_\_\_ 2<sup>nd</sup> \_\_\_\_\_ 3<sup>rd</sup> \_\_\_\_\_

**DO:**

- \*You may eat or drink prior to arrival.
- \*Bring a friend/family member to drive you home because there is a chance your leg(s) may temporarily become numb or weak
- \*Take your regular medications (except for any blood thinning medications)
- \*Wear loose, comfortable clothing – pants with elastic waist and no metal, otherwise you will be asked to change into the shorts provided. Betadine prep will be used and may stain your clothing.
- \* If you are scheduled for an S1 Epidural Injection, please take over the counter Gas-X twice daily for 2 days prior to your procedure
- \*Call the surgery center if you have any change in your health: nausea, cough or a fever
- \*Expect a phone call a day or two before procedure. We will confirm your procedure arrival time.

**DON'T:**

- \*Take Aspirin or Coumadin for **five** days before your procedure or Plavix for one week before your procedure - If you have been asked to stop Coumadin or Plavix, you **MUST** get permission by your prescribing physician.

Additional instructions: \_\_\_\_\_

\_\_\_\_\_

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**It is our goal here at Academy Orthopedics to provide you with a safe and comfortable experience. Please call the Surgery Center at (770) 886-5038 if you have any questions with the above instructions. Our staff will be glad to assist you.**

Preop Nurse \_\_\_\_\_