

PROCEDURE INSTRUCTION SHEET

- A.** Once your procedure is approved by your insurance you will receive a call from either (901) 937-3238 or (901)259-1650. You will be able to be chose your location and date.

Germantown

OrthoSouth Surgery Center
2100 Exeter Road, Ste 101
Germantown, TN 38138

Southaven

OrthoSouth Specialty Surgery Center
7580 Clarington Cove
Southaven, MD 38671

- B.** The surgery center of your choosing will call you ONE BUSINESS DAY BEFORE your procedure with your arrival time.
- C.** If you need to **reschedule/cancel** your injection for personal reasons, please contact the surgery scheduling team at (901) 937-3238 or (901)259-1650.
- D.** Anticoagulants, antiplatelets, certain herbs, and strong NSAIDs can cause bleeding. Therefore, please STOP any medication in **LIST A** before your procedure, UNLESS told to continue that medication. You make RESTART those stopped medication 24hours after procedure discharge.
- E.** After your procedure you will need to call (901)259-1600 (Appt. Scheduling Center) and schedule a follow-up after your procedure as directed by Dr. Abrams and the nurses at the surgery center.
- F.** If you are getting a prognostic/diagnostic block DO NOT take any pain medications within 6 hours before or after the procedure. You can continue pain medications if you are getting an epidural or therapeutic injection.
- G.** DO NOT eat after midnight. You may drink a small amount of CLEAR liquids to take critical medications before your procedure (e.g., blood pressure medications, thyroid medications, heart rate medications, or immune system medications). Always continue heart medications and long- acting insulin (e.g., lantus/glargine). DO NOT TAKE SHORT ACTING INSULIN BEFORE PROCEDURE.
- H.** You will need some to drive you to and from the procedure. Uber or Lyft are not permitted.

LIST A

<u>Medications</u>	<u>Time to Stop</u>	<u>Time to Restart</u>
ALL NSAIDS	24 hrs before	24 hours after
Tumeric	6 days before	24 hours after
Fish Oils	6 days before	24 hours after
Vit E	6 days before	24 hours after
Garlic	6 days before	24 hours after
Ginseng	6 days before	24 hours after
St. Johns Wort	6 days before	24 hours after
Valerian Root	6 days before	24 hours after
Ginkgo Biloba	6 days before	24 hours after
180-365 mg Aspirin	6 days before	24 hours after
Warfarin/Coumadin	5 days before	24 hours after
Plavix/Clopidogrel	4-6 days before	24 hours after
Eliquis/Apixaban	2-3 days before	24 hours after
Xarelto/Rivaroxaban	2-3 days before	24 hours after
Pradaxa/Prasugrel	4-6 days before	24 hours after
Lovenox/heparin	24 hrs before	12 hours after
Dabigatran	3 days before	24 hours after
Cilostazol	6 days before	24 hours after