



Texas Orthopedics,
Sports & Rehabilitation Associates
www.txortho.com

What to expect:

Please have a responsible adult accompany you to the surgery center.

You will check in at the surgery center and will be asked to change into a gown. You can leave your underwear on but we may have to pull it down in the procedure suite.

Once paperwork is filled out, you will have various monitors placed on you including a blood pressure cuff, oxygen monitor, and heart monitor.

You will be escorted to the procedure suite, where there will be a nurse, an x-ray technician, and a physician. There will be a table in the middle of the room, a monitor for your vital signs, and what looks like a TV monitor for the xray machine. There will also be a c-arm, which is an x-ray machine shaped like a big "C", which can move and take pictures at different angles.

You will be asked to lie down on the table face down. There will be pillows for your comfort and for positioning. We will place a sheet on you for comfort and we may have to pull down your underwear. Your blood pressure cuff and other monitors will be connected and turned on. The blood pressure cuff will tighten periodically throughout the procedure. After you find a comfortable position, it is best not to make any sudden movements and to stay as still as possible. If you feel the need to move, please let us know.

Your skin will then be cleaned with an alcohol solution that may feel cold and wet. Sterile towels or paper drape will be placed on your back or neck. The x-ray machine will be moved to the right angle to get the correct picture to start the procedure. You will feel a needle on your back/neck but not in your back/neck. This is to mark the spot. You will then feel a small pinch then a burn of the numbing medication. This is similar to going to a dentist and getting your gums numbed before the procedure. After the numbing medication, you should not feel much sharp pain. If you do feel sharp pain and it is uncomfortable, please tell us so we can give you more numbing medication. Once the needle is placed into the joint, you may feel pain or pressure type feeling in your low back/buttock area.

Once the needle is in place, more pictures will be taken from different angles. Then, a small amount of contrast is injected to make sure we are in the right area and we are not in a blood vessel. After the contrast is injected, the medicine is injected. After the needle is pulled out, your skin will be wiped clean and bandages will be applied. We use a special cleaning solution that works best when it is left on the skin. You may notice a blue or orange tint on your skin. This is normal and will wash away easily.

After the procedure, you will be escorted back to the post-op area where you will be monitored. When you are ready to go home, you can get dressed and leave with your driver. You should take it easy for the rest of the day and try to keep the area clean and dry until the next day. You may experience some pain after the injection. This is normal and is likely this due to the irritation of the needle into your muscle. Ice placed over the injection site for 20 minutes 2-3 times for the next two days will help. The numbing medication may work immediately but this will be temporary. The steroid will take about 3-5 days to kick in and 7-10 days to peak.