

ADVANCED PAIN CENTERS, S.C.
Pre-Operative Instructions

IT IS THE RESPONSIBILITY TO READ THESE INSTRUCTIONS!!

1. Each facility will call the patient before the scheduled date with instructions, labs, eating instructions and time you should arrive.
2. Stop NSAIDS (Motrin, Aleve, Ibuprofen and Aspirin) one week before procedure.
3. Patients on coumadin or other like blood thinners need to speak to their physician regarding stopping medication. (Otherwise stop taking 4-5 days before scheduled procedure)
4. **For all Diskography, Dorsal Column Stimulators, Pump Implants, IDET and Epiduroscopy patient is to shower the night before and morning of with Phisoderm which can be purchased at Walgreens, Walmart, K-Mart or Target.**
5. Patients are to request films following the discography to take their surgeons.
6. Patients are to make a one week follow-up appointment following procedure unless you are returning to your surgeon soon after your procedure.
7. All patients are to take pain medication as needed after procedures.
8. Patients are to ice 20 minutes every hour as tolerated.
9. **Following a procedure, if you experience a severe headache, temperature above 100°, any numbness or tingling different from normal, any incontinence of bowel or bladder, please call our office at (847) 608-6620.**