

Melisa Estes, MD

Protocols

Spinal Injections:

- Lumbar transforaminal epidural steroid injections
- Caudal epidural steroid injections
- Cervical epidural steroid injection
- Cervical facet injections
- Lumbar facet injections

Prior to the procedure:

You will be requested to abstain from nonsteroidal anti-inflammatory medications, aspirin, blood thinners, vitamin E, and fish oil for 4 days prior to the procedure. The day of the procedure you will be requested to be fasting (nothing to eat or drink, including water) for 4-8 hours prior to your injection. You will need to arrange for a ride home after your injection as I request that you do not drive on the day of your procedure.

Day of your procedure:

Plan to arrive at the surgery center 1 hour prior to your scheduled time. If you take heart medications or blood pressure medications, take them the day of the procedure with a sip of water. Have a list of your medications and medical conditions available to review with the nurse upon arrival.

You are usually at the surgery center for approximately 2 hours.

After the procedure:

Take it easy the day of your procedure. No driving for the remainder of the day. Resume all of your usual medications. You may resume normal activities the day after the procedure. Call the office (561-727-1314) with fever, severe headache, or abnormal neurologic symptoms. Occasionally, you may feel some numbness after the procedure until the anesthetic wears off. The procedure may improve your symptoms quickly or it may take up to 7-10 days. Be patient.