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YOU MUST HAVE A DRIVER!

DO NOT EAT OR DRINK 4 HOURS BEFORE YOUR APPOINTMENT TIME.

IF YOUR PROCEDURE INVOLVES YOUR LOWER BACK, PLEASE TRY TO WEAR PANTS OR SHORTS WITHOUT BUTTONS OR ZIPPERS. **NO JEANS PLEASE**

IF YOUR PROCEDURE INVOLVES YOUR CERVICAL AREA, PLEASE WEAR A FRONT BUTTON SHIRT OR TANK TOP (ALSO PLEASE TRIM YOUR BEARD, IF YOU HAVE ONE).

MAKE SURE YOU STOP ALL BLOOD THINNING MEDICATIONS PRIOR TO YOUR APPOINTMENT.

___ TICLID STOP 14 DAYS AGGRENOX 14 DAYS

___ COUMADIN, PLAVIX, ASPIRIN, VITAMIN E, FLAX SEED OIL & FISH OIL STOP 7 DAYS

___ ANTI-INFLAMMATORIES (IBUPROFEN, ALEVE ETC) 5 DAYS

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT PLEASE GIVE 48 HOUR NOTICE. No Show cancellation fee \$100.00

APPT. DAY #1. _____ APPT DAY #2 _____ APPT. DAY #3 _____

APPT. DATE#1 _____ APPT DATE#2 _____ APPT DATE#3 _____

APPT TIME #1 _____ APPT TIME#2 _____ APPT TIME#3 _____

POST PAIN MANAGEMENT INSTRUCTIONS

Resume all previous medications as prescribed by your doctor.

No strenuous activities today. RELAX AND REST

Resume regular diet. Ice can be applied today if needed

Be careful with walking and standing, you might have residual weakness from your injection in your legs.