

## Helpful Reminders

- Bring all of your medication to every appointment, including over-the-counter drugs, vitamins and herbal remedies.
- Bring your photo ID and insurance card to every appointment.
- One week before your procedure, stop taking any medications containing Advil®, Aleve®, Aspirin, BC, Celebrex®, Coumadin®, Fish Oil, Goody's® powders, Ibuprofen, Motrin® or Plavix®.
- Don't eat or drink anything for eight hours prior to your spinal injection procedure.
- Bring a driver anytime you have a pain management procedure scheduled.

### Tennova Comprehensive Pain Treatment Centers

#### Physicians Regional Medical Center

900 East Oak Hill Avenue  
Knoxville, TN 37917

#### North Knoxville Medical Center

7565 Dannaer Drive  
Powell, TN 37849

#### Tennova Northshore

9546 South Northshore Drive  
Knoxville, TN 37922

For more information  
**865-545-PAIN**



TennovaHealthcare.com  
**1-855-836-6682**

## Injections for Spinal Pain



What should I expect during my procedure?



# Relieving the pain



## Why do I need an injection?

The injection will treat pain caused by irritation of the spinal nerves. The procedure consists of injecting a numbing medication and an anti-inflammatory medication into the area where the pain occurs. Injections can be performed in the neck, middle of the back or lower back, depending on where you are experiencing pain.

## Are there any risks?

Although infrequent, patients may experience:

- Allergic reactions
- Headaches
- Nerve damage
- Bruising at the injection site
- Infection at the injection site

If you experience severe back pain, new numbness or weakness in your legs, a headache that will not go away, or signs of infection at the injection site, call Tennova Comprehensive Pain Treatment Centers at 865-545-PAIN (7246).

## What can I expect during the procedure?

When you arrive at the center, you will register at the front desk. Once all paperwork is complete, you will be taken to the pre-procedure holding area. After changing into a hospital gown, you will be placed on a cardiac monitor and your vital signs will be recorded. An anesthesiologist or nurse anesthetist will talk with you about the procedure. An IV will be started and you will receive medication to help you relax.

Next, you will be taken to the procedure room where you will meet with a physician who specializes in pain management. You will be properly positioned on the procedure bed. The physician will clean and numb the area to be injected, and you will receive medication in your IV to help you sleep.

With the help of an X-ray machine, the physician will inject dye to ensure the pain medications will travel to the correct site and you will receive the maximum benefit from the procedure. The entire procedure will take approximately 20 minutes.

After the procedure, you will be taken to the recovery room where a nurse will observe you for 30 minutes to make sure you are doing well. You will be given discharge instructions and your follow-up appointment will be scheduled.

## What do I need to do before the procedure?

One week before your procedure:

Stop taking any medication containing Advil®, Aleve®, Aspirin, BC, Celebrex®, Coumadin®, Fish Oil, Goody's® powders, Ibuprofen, Motrin® or Plavix®.

You may continue to take narcotic analgesics, such as Darvocet®, Hydrocodone, MSContin®, OxyCodone and OxyContin®. You may also continue to take medications containing Tylenol®.

The day of your procedure:

Do not eat or drink anything for eight hours prior to your procedure. Arrive at the center one hour prior to your appointment time. Be sure to bring someone to drive you home after your procedure.

If you are unable to keep your appointment, call Tennova Comprehensive Pain Treatment Centers as soon as possible. A 24-hour notice is appreciated.

## What happens after the procedure?

You may experience some numbness or weakness in your legs, arms or chest, depending on where you received the injection. If this occurs, do not do anything that requires lifting, balance or coordination. Drink plenty of clear liquids. Do not drive for the remainder of the day. If you are feeling well, you may resume normal activities and return to work the next day.

Be patient. It may take several days for the medication to take full effect.