



INSTRUCTIONS REGARDING YOUR PROCEDURE

Dorsal Root Ganglion Stimulator Trial

<p>Will the procedure be done in the office?</p>	<p>No. This procedure is done at The Specialist One Day Surgery Center located at 5801 East Taft Rd, North Syracuse, NY 13212. THIS IS 1.4 MILES EAST OF OUR 5496 TAFT ROAD OFFICE. In the preoperative area you will meet the team, review the procedure, sign consents and receive an IV. In the surgical suite, you will be put to sleep by the anesthesia team with a medication given through your IV. You will be able to breath on your own. This is known as monitored anesthesia care (MAC). A trained anesthesia clinician will monitor you continually while you are asleep. Once the trial lead(s) has been placed, you will be transferred to the post-operative area where you will spend 30-45 minutes before going home. *If you have ever had an allergic reaction to anesthesia, you MUST tell your doctor BEFORE the procedure is performed.</p>
<p>May I drive home from the procedure?</p>	<p>NO, You MUST have a ride home, and your <u>adult</u> driver must remain on site during your procedure. You MUST have an adult drive you home after discharge. You MUST also understand that if you attempt to drive yourself home after this procedure, you could be involved in an automobile accident with injury to yourself and/or others, as well as damage to personal property belonging to yourself and or/others. Be aware that you must not make important decisions, leave your children unsupervised, use heavy equipment or drive an automobile for 24 hours after this procedure.</p>
<p>May I eat breakfast or lunch?</p>	<ul style="list-style-type: none"> • You must NOT eat or drink solid food or milk for at least 8 hours before your procedure. • You are permitted to drink no more than 8 ounces of clear liquid UP TO 4 hours BEFORE your procedure: such as water, plain coffee/tea (no milk, no cream, no non-dairy creamer), clear apple juice, club soda, ginger ale, seven up, cola, (no orange juice) STOP all food and all fluid intake 4 hours before your procedure.
<p>Risks of this procedure include, but are not limited to:</p>	<ul style="list-style-type: none"> • Pain in the area where the lead was inserted. The pain can last for several days, and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. • An allergic reaction to local anesthetic. Most allergic reactions do not require further treatment. • If you develop numbness or weakness in your arms or legs call the office or go to the nearest ER. • If you ever had an allergic reaction to anesthesia, you must tell your doctor before the procedure is done. • Bleeding in the area of the insertion site. • Infection in the area of the insertion site. • Increased pain after this procedure, especially in the legs. • Nerve damage, stroke, paralysis and even death.
<p>During the trial period:</p>	<ul style="list-style-type: none"> • You may experience some drowsiness, light headedness or mild nausea after the procedure. Stand and move with caution if you do have light headedness. • Resume usual activities the following day; especially those activities that cause familiar pain. • Use caution when changing positions. Move without twisting by moving your shoulder and hip at the same time. • DO NOT drive or operate equipment for 24 hours. • DO NOT drive with the system on. • DO NOT reach, bend, stretch, twist or lift more than 5 lbs. • DO NOT disconnect the trial cable from the leads.



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Where do I obtain more procedure information?	Please visit our website www.nyspineandwellness.com . It contains a demonstration of the DRG procedure and information on MAC anesthesia. We also have other helpful information including the Surgery Center’s link: <ul style="list-style-type: none"> • www.sosbones.com/one-day-surgery-center
Will I receive a pre-procedure telephone call?	A nurse will call you 24-48 hours prior to your procedure. They will ask you a few important medical questions, AND will give you your appointment arrival time. You must <u>verbally confirm that you are coming to undergo this procedure within 24-48 hours prior to your procedure.</u> Failure to return our call may result in your procedure being rescheduled.
May I take aspirin, or products containing aspirin or anti-inflammatories (NSAIDs)?	NO. You <u>must STOP taking ASPIRIN, products containing ASPIRIN*, and NSAIDs**</u>(anti-inflammatories), <u>7 days prior to the date of your procedure.</u> If you take <u>FELDENE or DAYPRO</u>, you must stop taking this drug <u>10 days prior to the date of your procedure.</u> <i>*Examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, ALKA SELTZER, ECOTRIN, etc.** Examples of NSAIDS include but are not limited to: Meloxicam (Mobic), Naproxen Sodium (Aleve), Motrin (ibuprofen, Advil), Naproxen (Naprosyn, Naprelan), Celebrex, Indomethacin (Indocin), Nabumetone (Relafen).</i>
May I take my other medications?	Yes, only with a <u>small sip of water.</u> DO NOT TAKE blood thinners, aspirin, aspirin containing products or nonsteroidal anti-inflammatories (aka NSAIDS).
What time is my procedure?	You will receive a telephone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 60-90 minutes prior to the scheduled time) and the location. PLEASE BE ON TIME.
How long will it take?	We ask that you plan to be present <u>2 -6 hours</u> from the time you arrive at the center until the time you are discharged. Please understand that circumstances sometimes arise that are out of our control and can cause a longer delay. Please plan accordingly.
What do I bring?	You <i>must</i> bring the following: <ol style="list-style-type: none"> 1. Your current insurance information 2. A <i>written</i> list of all your current medications, <u>including the strength and frequency.</u> <p>Please include over the counter medications, vitamins and herbal supplements.</p>
What do I wear? May I wear jewelry?	Please wear comfortable loose-fitting clothing. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please contact the office 24 hours in advance, if you are unable to keep your appointment. (315)552-6700.