

**Frank Y. Wei, M.D., PLLC**

Physical Medicine and Rehabilitation

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*non-operative care of spinal and musculoskeletal disorders  
electrodiagnosis*

Southdale Office Centre  
6600 France Avenue South, Suite 615  
Edina, MN 55435

tel: (952) 926-8925

fax: (952) 920-6338

## **CERVICAL INJECTIONS**

### **General**

You have been scheduled for a cervical injection by your physician to treat your medical problem. **The injections are performed by a physiatrist specifically trained in these procedures.**

There are several types of injections as outlined below. All of them are done under x-ray to insure that the medication is placed in the correct location.

The medication consists of an anesthetic(pain reliever) and a type of cortisone. The purpose is to decrease your discomfort and to decrease any swelling or inflammation that may be causing your pain.

Prior to the procedure you will be asked specific questions about your medical history to insure your safety. Blood test may be ordered before the injection if the physician has any concerns about your health. **Please STOP any non-steroidal anti-inflammatory (NSAID) medications three days prior to the procedure. Examples would be aspirin, ibuprofen, Aleve, Advil, and Nuprin. Notify your primary doctor if you are a diabetic or on a blood thinner such as Coumadin (warfarin), Plavix, or Ticlid, as these need to be stopped four doses prior to the procedure. This includes Vitamin E.**

The procedure will be reviewed with you by the physician and the health care staff.

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For all the procedures you should arrive at the facility thirty minutes before your scheduled appointment to register. Then you will be asked to change into a hospital gown in preparation for the procedure.

If you have any further questions prior to the procedure, you may call Dr. Wei at **952-926-8925**

## **TYPES OF CERVICAL INJECTION**

### **Epidural**

In this procedure the medication is placed in the canal around your nerve roots. A needle is passed through an opening in between the bones of your neck and the medication is injected. You will feel a slight pressure sensation during this part of the procedure. Afterwards you will be asked to lay on a bed for half an hour. This allows the medication to flow to the area of inflammation.

### **Facet Blocks**

The small joints between adjacent cervical/vertebral bodies can become inflamed and hurt much like the shoulder joint or hip. In this procedure the medication is injected into these small joints of your neck to reduce the swelling and inflammation.

### **Selective Nerve Root Injection**

A cervical nerve can become irritated or pinched after it divides off from your spinal cord. These injections isolate or only treat the nerve that is causing the pain. Medication is injected around the nerve as it exits from the spinal canal.

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**Pre-Procedure Care**

For this procedure you **should not have anything to eat or drink 4 hours prior to the procedure.** Someone should come with you or pick you up after the procedure as driving should not be done immediately afterwards.

**After Care**

Following your injection you should rest for the remainder of the day.

You may experience a **temporary aggravation** of your symptoms in the initial **72 hours after the injection.** The medication may take up to 10 days to work. Please follow through with your physician's recommendation after the injections.

The injection techniques are not treatments by themselves but are used with a program of exercise and education to relieve your discomfort and improve your function

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## **Blood thinners and NSAID'S**

### **NSAID's (non-steroidal anti-inflammatories-hold for 4 days)**

ASA/aspirin  
Indocin/indomethacin  
Clinoril/sulindac  
Voltaren/Arthrotec/diclofenac  
Relafen/nabumetone  
Dolobid/diflusal  
Motrin/Nuprin/Advil/ibuprofen  
Orudis/ketoprofen  
Mobic/meloxicam  
Celebrex/celecoxib  
Feldene/piroxicam  
Naprosyn/Vimovo/naproxen

### **Blood thinners**

Coumadin/warfarin ( hold for 4 days)  
Effient (hold for 7 days)  
Ticlid (hold for 4 days)  
Plavix (hold for 5 days)  
Xeralto (hold for 2 days)  
Pradaxa (hold for 3 days)

### **Organic/natural supplements**

Garlic  
Vitamin E  
Ginseng

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### SUBURBAN IMAGING

Southdale Medical Center  
6545 France Ave. South, Suite #125  
Edina, MN 55435

Phone: **952-405-2777** Fax: **952-405-2799**



DATE: \_\_\_\_\_

CHECK IN: \_\_\_\_\_

INJECTION: \_\_\_\_\_

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**NOTHING TO EAT OR DRINK 4 HOURS BEFORE  
PROCEDURE  
DRIVER IS NEEDED  
STOP ALL BLOOD THINNERS AS DIRECTED PRIOR TO THE  
PROCEDURE**

FOLLOW UP BACK AT DR. WEI'S OFFICE: \_\_\_\_\_

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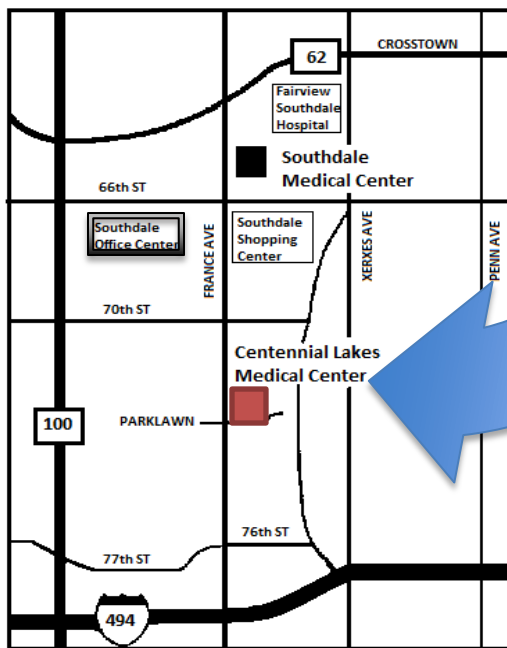
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CENTENNIAL LAKES  
SURGERY CENTER  
7373 France Ave. South, Suite #404  
Edina, MN 55435  
Phone: 952-832-9360  
[www.clsurgery.com](http://www.clsurgery.com)



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