

Cluneal Injection

<i>What is it?</i>	A cluneal nerve block is a minimally invasive procedure used to treat people with lower lumbar pain that radiates to the upper portion of the buttocks.
<i>Why is it done?</i>	Pain in the nerves in the upper part of the buttocks, also known as cluneal neuropathy, is an often under-diagnosed yet common cause of lower back pain.
<i>How is it done?</i>	Prior to the procedure, you will be asked to lie face down on the table. The patient's skin is cleaned and prepped for the injection. Once the skin is sterile, a local anesthetic is used as a numbing agent. A long-lasting steroid medication is then injected into the affected cluneal nerve area.
<i>What to wear?</i>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<i>How long will it take?</i>	Please arrive 15 minutes before your appointment time. The procedure lasts about 15 minutes.
<i>Can I drive home from the procedure?</i>	You MAY NEED a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours (To be determined by your provider)
<i>Can I eat before?</i>	Yes we encourage you to eat a normal breakfast and or lunch.
<i>Should I stop taking aspirin?</i>	If you take ASPIRIN or products containing ASPIRIN for PAIN or HEADACHES you MUST STOP 7 days prior to procedure. Products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).
<i>Can I take my medications?</i>	Yes .
<i>What are the possible side effects of steroid medication?</i>	Administration of steroid medication can cause side effects. They include, but not limited to: hyperglycemia (increased blood sugar), sweats, and hot/cold flashes, flushing of the face, hypertension (increased blood pressure), osteoporosis, insomnia, mood swings and Cushing 's Syndrome.
<i>Risks of this procedure include, but are not limited to:</i>	<ul style="list-style-type: none"> * Pain in the area where the needle(s) was inserted. The pain can last for two to three days and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * Bleeding, infection and/or bruising in the injection area. Increased pain. * Risks of local anesthesia include, but are not limited to: allergic reaction to the medication and soreness at the injection site, seizures and cardiac arrhythmias. * Temporary numbness or weakness in one or both legs. This is normal. * Nerve damage, paralysis, stroke and even death.

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PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS

Instructions Regarding Your Procedure

Cluneal Nerve Block

Will I receive a pre-procedure phone call?	A nurse from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, AND she will confirm your appointment. We must have a verbal confirmation from you 24-48 hours prior to your procedure . Failure to return our call could result in your procedure being rescheduled.
Where can I obtain more procedure information?	Please visit our website www.nyspineandwellness.com . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure? <i>*the box with a check applies to you</i>	<input type="checkbox"/> You MUST have a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours. <input type="checkbox"/> You can drive yourself home.
Can I eat Breakfast?	Yes, you can eat a light breakfast or light lunch
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN for PAIN or HEADACHES you must STOP 7 days prior to procedure. Products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, you can continue to take your aspirin for cardiac or stroke prevention, not to exceed 325mg per day.
Can I take my blood thinner?	Yes.
Can I take my other medications?	Yes, take your medications as you normally would.
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure.
How long will it take?	15 minutes.
What do I bring?	You must bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. A written list of all your current medications including the strength and frequency you take them. Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. 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 call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for no shows.