

### Cryoanalgesia

<b><i>What is it?</i></b>	Cryoanalgesia is a method of relieving pain by freezing the affected nerve, causing an interruption of pain impulses to the brain
<b><i>Why is it done?</i></b>	The procedure is usually performed to relieve pain from peripheral nerves (nerves that connect the brain or spinal column to areas outside the central nervous system). It can be performed to treat certain types of headaches, painful scars, as well as some types of back pain. This treatment is usually performed after a diagnostic procedure involving local anesthetic (numbing medication) and a cortisone derivative (anti-inflammatory medication) has shown at least temporary relief of symptoms.
<b><i>How is it done?</i></b>	Depending on the area affected, you will be asked to either sit or lie down on the exam table in the procedure room. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin. Then a small incision is made into the skin, and a small probe is inserted into the area. Occasionally ultrasound may be used to assist in proper placement. With the probe in place, a machine connected to the probe will be turned on and a small ball of ice will form around the tip of the probe. Freezing the nerve results in an interruption of the transmission of the pain impulse. The probe is removed and a small band aid is applied if needed.
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<b><i>Can I drive home from the procedure?</i></b>	Yes
<b><i>Can I eat before?</i></b>	Yes, we encourage you to eat a normal breakfast or lunch
<b><i>Should I stop taking aspirin?</i></b>	You can continue to take aspirin for cardiac or stroke prevention, not to exceed 325mg per day
<b><i>Can I take my medications?</i></b>	Yes
<b><i>How long does it take?</i></b>	The procedure takes 5 to 10 minutes. You will be able to leave immediately following the procedure.
<b><i>Risks of this procedure include, but are not limited to:</i></b>	The risks of this procedure include , but are not limited to : <ul style="list-style-type: none"> <li>* Pain in the area where the needle(s) was inserted, this can last for two to three days. This can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>* Punctured lung resulting in lung collapse (pneumothorax). This may require hospitalization and insertion of a chest tube.</li> <li>* Bleeding in the injection area.</li> <li>* Infection in the injection area.</li> <li>* Increased pain</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>

kcleveland

**PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS**

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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, <b>AND</b> she will confirm your appointment. We must have <b>a verbal confirmation from you 24-48 hours prior to your procedure.</b> Failure to return our call could result in your procedure being rescheduled.
Where can I obtain more procedure information?	Please visit our website <a href="http://www.nyspineandwellness.com">www.nyspineandwellness.com</a> . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure?	You can drive yourself home.
Can I eat Breakfast?	Yes we encourage you to eat a normal breakfast and or lunch.
Should I stop taking aspirin?	<b>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).</b>
Can I take the aspirin prescribed for cardiac and or stroke prevention?	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 <b>must</b> bring the following each time you have a procedure: 1. Your current insurance information 2. A <b>written</b> list of all your current medications <b>including the strength and frequency</b> 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.