

### Instructions regarding Bursa Injection

<b><i>What is it?</i></b>	A bursa injection is an injection of a solution of cortisone (anti-inflammatory medication) and a local anesthetic (numbing medication) into a small fluid filled sac (bursa) that acts as a cushion between bones and muscles and tendons. The bursa can become inflamed from daily wear and tear or injury. These may be done for pain in the shoulders or hips.
<b><i>Why is it done?</i></b>	Bursa injections are done to diagnose and treat chronic pain in the shoulders or hips.
<b><i>How is it done?</i></b>	You will be asked to either lie down on the examination table or to sit in a chair. The area to be injected will be cleaned with alcohol. A topical anesthetic (numbing) spray may be used to decrease pain at the injection site. . Using a thin needle, a mixture of local anesthetic and cortisone are injected into the painful area
<b><i>What to wear?</i></b>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<b><i>How long will it take?</i></b>	Please arrive 15 minutes before your appointment time. The procedure lasts about 15 min.
<b><i>Can I drive home from the procedure?</i></b>	Yes, you can drive
<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>	No
<b><i>Can I take my medications?</i></b>	Yes
<b><i>Risks of this procedure include, but are not limited to:</i></b>	<ul style="list-style-type: none"> <li>*Pain in the area where the needle(s) was/were inserted. This can last for 2 – 3 days, and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</li> <li>* 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.</li> <li>*Temporary numbness or weakness.</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>

Rds10-20-2020

**PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS**



## Instructions regarding Bursa Injection

Will I receive a pre-procedure phone call?	A nurse from the surgery center 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 <u>some</u> 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>	You can drive yourself home.
Can I eat Breakfast?	Yes, you can eat a light breakfast or light lunch
Should I stop taking aspirin?	No.
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	Yes, you can continue to take your aspirin for cardiac or stroke prevention.
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 <u>each time</u> you have a procedure: 1. Your current insurance information 2. <b>A 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.