

## KNEE injection in with or without fluoroscopy

<b><i>What is it?</i></b>	The knee joint is a large joint where the upper leg joins the lower leg. If this joint experiences injury, arthritis or mechanical stress one may experience knee pain.
<b><i>Why is it done?</i></b>	The procedure is done to relieve pain that origins (begins) in the knee. It can help relieve the pain, as well as help diagnose the cause of pain.
<b><i>How is it done?</i></b>	You will be asked to sit in a chair or on the side of the stretcher. Sometimes if your knee is difficult to access, this can be done under fluoroscope (x-ray machine) to assist the provider in visualizing the knee joint. A topical anesthetic spray is utilized to numb your skin. A small needle is used to access your knee joint. A combination of local anesthetic (numbing medication) and cortisone (anti-inflammatory) is then injected into the knee. In some cases a gel like substance will be injected ( viscosupplementation). A small band aid is applied after procedure is complete and may be removed at your discretion.
<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 15-30 minutes before your appointment time. The procedure lasts about 15.
<b><i>Can I drive home from the procedure?</i></b>	You can drive yourself to and from the procedure unless medication you take that can impair your driving ability.
<b><i>Can I eat before?</i></b>	Yes we encourage you to eat a normal breakfast and or lunch.
<b><i>Should I stop taking aspirin?</i></b>	No
<b><i>Can I take my medications?</i></b>	Yes
<b><i>What are the possible side effects of steroid medication?</i></b>	Administration of steroid medication can cause side effects. They include, but not limited to: hyperglycemia (increased blood sugar), sweats, hot/cold flashes, flushing of the face, hypertension (increased blood pressure), osteoporosis, insomnia, mood swings and Cushing's Syndrome.
<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 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.</li> <li>* <i>Bleeding, infection and/or bruising in the injection area. Increased pain</i></li> <li>* A reaction to the local anesthetic, including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest requiring transport to the hospital. .</li> <li>* Temporary numbness or weakness in one or both legs. This is normal.</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>

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**PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS**

**Instructions Regarding Your Procedure**  
**Knee injection with or without fluoroscopy**

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><u>a verbal confirmation from you 24-48 hours prior to your procedure.</u></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? <i>*the box with a check applies to you</i>	<input type="checkbox"/> You <b><u>MUST</u></b> 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?	<input type="checkbox"/> Yes, you can eat a light breakfast or light lunch
Should I stop taking aspirin?	<b>If you take ASPIRIN or products containing ASPIRIN in doses <u>greater than 325 mg/per day</u>, you <u>must</u> stop taking it 7 days prior to your procedure (examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).</b>
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 you may.
Can I take my other medications?	<input type="checkbox"/> Yes, take your medications as you normally do.
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 (usually 30-40 minutes prior to the scheduled time) and the location. <b>PLEASE BE ON TIME.</b> *some patients may receive a call to confirm insurance information.
How long will it take?	15 minutes .
What do I bring?	You <b><u>must</u></b> bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. <b>A <u>written</u></b> list of all your current medications <b><u>including the strength and frequency</u></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.