

Diagnostic Genicular (knee) Injection with fluoroscopy

What is it?	A genicular block treats pain in the knee. Typical candidates for this procedure may have pain after knee replacement, wish to avoid knee replacement, are not good candidates for knee replacement, or experience pain due to osteoarthritis. The knee joint is a large joint in the leg required for weight bearing. There are several major nerves in the knee containing branches of smaller nerves known as Genicular nerves that surround the knee.
Why is it done?	A genicular block diagnoses and treats knee pain. The procedure is done in 2 phases. In Phase 1 , two diagnostic genicular injections are administered 2 - 3 weeks apart, in order to determine if there is sufficient relief to proceed to a therapeutic radiofrequency. In Phase 2 , a radiofrequency procedure (heating up nerve tissue) may be performed if the two diagnostic blocks have produced a good short-term response (50% pain relief or pain eliminated for several hours).
How is it done?	You will be asked to lay flat on your back with a roll under the affected knee for additional comfort. The skin around your knee will be thoroughly cleansed with a sterile soap to minimize the risk of infection. The target areas around the knee where the Genicular nerves reside are visualized using fluoroscopy (a real time X-ray device). Local anesthetic (numbing medication) will then be injected into the identified areas using 3 thin needles, under fluoroscopic guidance.
What to wear?	Please wear clothing that can be easily removed. We will provide you with loose fitting gown.
How long will it take?	The typical procedure time for the diagnostic procedure is 15-30 minutes. Total time in the facility will be approximately 1-2 hours.
Can I drive home from the procedure?	No. You must have a ride home and your driver must remain on site. You must not drive or operate heavy machinery for 24 hours.
Can I eat before?	No eating or drinking for 4 hours <u>prior</u> to the procedure, because you may require sedation for this procedure to minimize discomfort.
Should I stop taking aspirin?	No.
Can I take my medications before the procedure?	Yes, as prescribed with a sip of water.
Risks of this procedure include, but are not limited to:	<ul style="list-style-type: none"> * Pain in the area where the needle(s) was inserted. The pain may last for two to three days. It can be treated with ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * <i>Bleeding, infection and/or bruising in the injection area.</i> * <i>Some individuals may experience increased pain after the procedure.</i> * If you ever had an allergic reaction to contrast or anesthesia, you must tell your doctor <u>before</u> the procedure is done. * A reaction to the local anesthetic or conscious sedation, including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest. * Temporary numbness or weakness in the affected leg. This is normal. * Nerve damage, paralysis, stroke and even death.

Instructions Regarding Your Procedure
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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, 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.
Can I eat Breakfast? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, you can eat a light breakfast or light lunch <input type="checkbox"/> No, DO NOT EAT OR DRINK for 4 hours before your procedure. However, you may take your medicine but only with a small sip of water.
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 you may.
Can I take my other medications?	<input type="checkbox"/> Yes, only with a small sip of water
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. PLEASE BE ON TIME. *some patients may receive a call to confirm insurance information.
How long will it take?	We ask that you plan <u>1½ -3 hours</u> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
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.