

**ADVANCED PAIN CENTERS, S.C.**  
*Pre-Operative Instructions*

**IT IS YOUR RESPONSIBILITY TO READ THESE INSTRUCTIONS!!**

1. **We require a seventy-two hour notice of cancellation. Please note that if you cancel your procedure we may not be able to reschedule for several weeks.**
2. All patients are to be here 30 minutes prior to procedure time.
3. Do not eat or drink anything after midnight the night before.
4. If you are on daily medication, you may take them with a small amount of water.
5. Please make sure you have a ride home if you are having sedation.
6. Stop NSAIDS (Motrin, Aleve, Ibuprofen and Aspirin) one week before procedure.
7. If you are on Coumadin or other like blood thinners you must speak to your physician regarding stopping this medication. Prior clearance must be obtained from your physician in order to have your procedure. Please have your physician fax this clearance to our office at (847) 742-9458 at least seventy-two hours prior to the procedure.
8. You are to make a follow-up appointment within ten days following the procedure with our office unless you are returning to see your surgeon soon after your procedure. If you are returning to see your surgeon, we ask that you request your surgeon to fax a copy of their follow up office note to our office at (847) 742-9458.
9. You are to take pain medication as needed after procedures.
10. Patients are to ice 20 minutes every hour as tolerated.
11. **Following a procedure, if you experience a severe headache, temperature above 100°, any numbness or tingling different from normal, any incontinence of bowel or bladder, please call our office at (847) 608-6620, press 0 and ask to speak to the OR nurse.**