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Procedure Instructions

These instructions are provided to help ensure your procedure is performed safely and comfortably. Please read carefully and contact our office if you have any questions prior to your appointment.

Before Your Procedure

- Arrive at least 30 minutes prior to your scheduled appointment time.
- Bring a valid photo ID and insurance card.
- Continue taking your regular medications unless instructed otherwise.
- If you take blood thinners, you must notify our office well in advance.
- For procedures with sedation (MAC): Do not eat or drink for 8 hours prior to your procedure.
- For procedures with local anesthesia only: Light meals are permitted unless instructed otherwise.
- Arrange for a responsible adult to drive you home if sedation (MAC) is planned.

Day of Procedure

- Wear comfortable, loose-fitting clothing.
- Leave valuables at home.
- Notify staff if you are feeling ill, have a fever, or have started antibiotics.
- Your vital signs will be checked prior to the procedure.

After Your Procedure

- You may experience temporary soreness at the injection site.
- Apply ice packs to the area for 15–20 minutes as needed for discomfort.
- Avoid strenuous activity for 24 hours.
- You may resume normal medications unless instructed otherwise.
- If sedation was used, do not drive, operate machinery, or make important decisions for 24 hours.

When to Call Our Office

Please contact our office immediately if you experience worsening pain, fever, redness, drainage, new weakness, numbness, severe headache, shortness of breath, or any symptoms that concern you.

Epidural Steroid Injection (ESI)

- An epidural steroid injection is used to decrease inflammation around spinal nerves and reduce pain.
- You may feel pressure during the procedure; temporary numbness or heaviness in an arm or leg can occur and should resolve.
- Pain relief may begin within a few days and may continue to improve over 1–2 weeks.
- It is common to have soreness at the injection site for 24–48 hours.
- Call the office urgently for severe headache (especially worse when sitting/standing), fever, new weakness, bowel/bladder changes, or worsening neurologic symptoms.

Activity

Avoid strenuous activity for 24 hours. You may resume light activity as tolerated.

Facet Injections, Medial Branch Blocks (MBB), and Radiofrequency Ablation (RFA)

- Facet injections and medial branch blocks are often diagnostic procedures used to identify whether facet joints are the source of pain.
- Relief from MBBs is expected to be temporary; it helps determine whether you may benefit from radiofrequency ablation (RFA).
- After RFA, soreness is common for several days; full benefit may take 2–4 weeks.
- You may be asked to track your pain relief after MBBs (percent relief and duration). This information helps guide next steps.
- Call the office for fever, redness/drainage at the site, new weakness/numbness, or symptoms that concern you.

Ice & Comfort

Ice the area 15–20 minutes at a time as needed for soreness during the first 24–48 hours.

Joint Injections

- Joint injections are performed to decrease pain and inflammation in a specific joint.
- Temporary soreness, a feeling of fullness, or a mild flare can occur for 24–48 hours.
- Pain relief may begin within a few days and may continue to improve over 1–2 weeks.
- Avoid heavy use of the injected joint for 24 hours; gradually resume normal activity as tolerated.
- Call the office for fever, increasing redness/swelling, drainage, or severe worsening pain.

Diabetes

If you have diabetes, steroid injections can temporarily increase blood sugar. Monitor closely and follow your usual plan.