



Procedure General Guide

PATIENT INFORMATION & PROCEDURE GUIDE

Location and Arrival Time

Dr. Pugh performs procedures at three primary location. Please be aware of which facility procedure is scheduled.

- **Clinic Location:** 1925 Hospital Place, Abilene, TX 79606
- **ACOM:** 6449 Central Park Blvd, Abilene, TX 79606
- **Hendrick South:** 6399 Directors Pkwy Suite 100, Abilene, TX 79606

Arrival Time: Please arrive early for registration and preoperative preparation.

Fasting & Sedation Instructions

To ensure your safety during the procedure, please strictly adhere to the following:

- **NPO Status (Fasting):** If you are receiving sedation, you must have **NOTHING TO EAT OR DRINK for 6 hours** prior to your appointment.
- **Medications:** You may take your essential morning medications with a **small sip of water only**.
- **Sedation Levels:** We offer light or deep sedation. The level of sedation is determined by the physician and anesthesia team based on the specific procedure being performed and clinical necessity.
- **Transportation:** Any patient receiving sedation **must** be accompanied by a responsible adult driver to take them home.

Anticoagulation (Blood Thinner) Guidelines

For your safety, certain medications must be held prior to your procedure to minimize the risk of bleeding, following **ASRA** (American Society of Regional Anesthesia) guidelines.

IMPORTANT: Neuroaxial Procedure Hold, you must hold all NSAIDs for at least 24 hours prior to your appointment.

- Neuroaxial Procedures (24-hour NSAID hold required):
 - Epidural Steroid Injections (ESI), Radiofrequency Ablation (RFA), Stimulator Trials & Implants, kyphoplasty, BVNA, Disc Injections

****Note:** A medication hold is typically NOT required for Medial Branch Blocks (MBB), SI Joint injections, or Ultrasound-guided peripheral joint/bursa injections unless specifically directed by our office.

Nicolas Pugh, MD | Adrianne Anders, NP | Ted Chaka, PA

Abilene Pain Locations

Main: 1925 Hospital Drive

Chaka: 6819 Memorial Dr. Ste B

Contact Numbers

Main: 325-326-3433

Chaka: 325-468-8096

Online

Email: info@abilenepain.com

Web: www.abilenepain.com

Anticoagulation (Blood Thinner) Guidelines

MEDICATION TYPE	EXAMPLES	REQUIRED HOLD
NSAIDS	Ibuprofen, Motrin, Aleve, Naproxen, Meloxicam	24 hours
Salicylates	Aspirin (All Doses)	24 hours
Antiplatelets	Plavix (Clopidogrel), Brilinta	7 days
Antiplatelets	Effient (Prasugrel)	10 Days
Anticoagulants	Eliquis, Xarelto, Savaysa, Pradaxa	5 days
Vit K Antagonist	Coumadin, Warfarin	5 days (INR <1.5)

Resumption: Most medications can be restarted **24 hours post-procedure**. NSAIDs and Aspirin may be resumed immediately.

Post-Procedure Instructions

Activity & Care

- Resumption: Most patients return to regular, light activity the next day.
- Site Care: Keep the injection site clean; remove bandages after 24 hours.
- Soreness: Expect mild localized tenderness for 2–3 days following the procedure.

Timeline for Relief

- Injections: Full relief typically develops over 3 to 7 days.
- RFA: Results usually stabilize over 2 to 4 weeks.
- Pain Diary: If you had a diagnostic block, tracking your pain levels for the first 24 hours is essential for your next clinical step.

Warning Signs: Seek immediate medical attention if you experience:

- New numbness or weakness in the legs.
- Loss of bowel or bladder control.
- Severe, worsening back pain.
- Fever or signs of infection.

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