



Valley Pain Center
Masons Mill Park II
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Things to Know

Procedures are performed in one of two ways:

Option 1:

You may choose to have the procedure with IV sedation. We offer this option for most procedures. This is not general anesthesia but rather medications are utilized to put patients in an altered state of consciousness so that they are not feeling discomfort during the procedure. Local medications are administered as well after the sedation has begun.

You will need a ride by a person 18 years of age or older. This person must accompany you and drive you home following the procedure.

The procedure will be cancelled if we cannot verify you have a ride.

You will need to be accompanied by a responsible adult over the age of 18 if you are using a taxi or public transportation.

You may take medications with a small sip of water provided it is not a restricted medication. (See "Pre-Procedural Instructions")

Diabetics should not take their diabetes medications until after the procedure if they are fasting for the IV sedation. (See "Pre-Procedural Instructions")

Option 2:

You may choose to have your procedure completed with LOCAL anesthetic only. You will be awake, and alert for the procedure. The skin and deep tissue will be numbed with a thin needle prior to any of the longer needles being introduced.

You are able to eat and drink freely.

You are able to drive to and from the center.

We recommend the procedures with IV sedation. They are more comfortable for patients and the experience seems to be more favorable. The procedures are carried out safely and easily with local anesthetic only but there is a small amount of tolerable discomfort.

Procedures:

Most of the procedures we perform are carried out under Fluoroscopic X-ray. This helps to confirm appropriate placement of the needle tip and assure the appropriate level as seen and documented. For many of the procedures there is also a small amount of contrast injected to help this confirmation process. Fluoroscopy has improved efficiency of steroid injections and has helped to reduce complications.