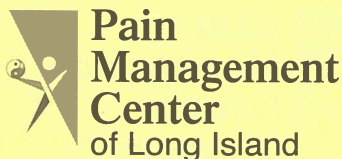


Neil B. Kirschen, M.D.
Robert Iadevaio, M.D.
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NERVE BLOCKS

Nerve blocks performed in a procedure suite, specially equipped for pain management services. For your safety and comfort we have special x-ray equipment allowing us to target the appropriate nerves causing your pain. After your procedure you will be escorted to a recovery area, where you will stay to ensure there are no adverse effects of the procedure prior to discharge.

BEFORE YOUR PROCEDURE:

- 1) **Stop Aspirin (3-5 days before)** or any medications containing Aspirin (including baby aspirin)
 - a) Plavix (stop 7 days) /Coumadin (stop 5) before procedure. Eliquis/Pradaxa – please contact your physician for instructions. (obtain and fax to our office: written medical clearance before stopping)
 - b) Fish Oil and High Dose Vitamin E are blood thinners and should be stopped (5 days before)
- 2) **Stop Anti-Inflammatories (5 days before)** NSAIDS, Motrin, Ibuprofen, Aleve
 - a) Tylenol & Celebrex are acceptable to continue taking
- 3) **Please advise our office if you are currently on any antibiotics** or any infection in the body (feeling ill)
- 4) Please advise our office if you have a **Latex Allergy** or are **Diabetic** prior to scheduling each epidural
- 5) Patients with Pacemakers: You must bring recent (Potassium) K+ Level results with you
- 6) **PATIENTS BEING SEDATED (ANESTHESIA):** You **may not** have any solid food or liquids **after midnight** or 8 hours prior to your procedure
- 7) **Hospital Patients:** A hospital nurse will call you before your appointment date to confirm arrival time

THE DAY OF YOUR PROCEDURE:

- ❖ **PATIENTS BEING SEDATED (ANESTHESIA):** You need an accompanying adult to drive and escort you home from facility
- ❖ Take all prescribed medication including pain or maintenance medications (cholesterol, blood pressure) at their usual times, with a tiny sip of water (**except** aspirin or blood thinners)
- ❖ If you have special medication needs (insulin injection for diabetes) please discuss their timing with your doctor
- ❖ Refrain from wearing any perfume/cologne the day of the procedure. Please leave jewelry and valuables at home.
- ❖ Please wear loose fitting pants with no belts
- ❖ If you develop a fever or you are prescribed antibiotics before your procedure, you must call the office immediately to reschedule

AT THE FACILITY

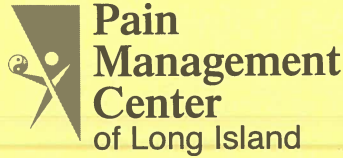
- ❖ You will be asked to sign a consent form for your procedure.
- ❖ You will meet the staff that will be providing your care before, during, and after the procedure.

**Please call one of the Pain Management Offices
Nassau / Brooklyn (516-764-7246) | Suffolk (631-331-7246)
if you are canceling/rescheduling your procedure.**

**If you feel you are experiencing a problem after your procedure and you need medical attention,
please report to the nearest Emergency Room**

Pain Management Center of Long Island
77 N. Centre Avenue, Suite 202, Rockville Centre, N.Y. 11570
After Hours Answering Service: 516-802-8311

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South Nassau Communities Hospital

1 Healthy Way, Oceanside, NY 11572

Main Switchboard: 516-632-3000, ask for Pain Management

Valet Parking available only at front of Hospital

FROM ALL POINTS EAST: Take Southern State Parkway westbound to exit 20S (Grand Avenue, Baldwin). Take Grand Avenue south to Merrick Road. Make right on Merrick Road. Go approximately one mile to Oceanside Road. Make a left on Oceanside Road. Hospital is on your left.

FROM ALL POINTS NORTH: Take the Grand Central Parkway to the Cross Island Parkway Southbound, then to Southern State, east; take the Southern State to exit 17 south, (Hempstead Avenue); Hempstead Avenue becomes Ocean Avenue; continue south on Ocean Avenue until Merrick Road; make a left on Merrick Road; make a right on Oceanside Road;

AMBULATORY ENTRANCE IS AT THE BACK OF HOSPITAL. Go in through Ambulatory and take elevators to E3 Wing.

John T. Mather Memorial Hospital

75 North Country Rd, Port Jefferson, NY 11777

Main Switchboard: 631-476-2881, ask for Pain Management

Heading EAST - From Long Island Expressway: Follow Long Island Expressway (L.I.E. 495) to Exit 64, Route 112 Northbound. Travel approximately 10 miles. Cross Long Island Rail Road tracks. Turn right at first traffic light onto North Country Road. Mather Hospital is directly ahead on your left.

Use the Weiss Pain Management / Breast Center Entrance.

South Shore Ambulatory Surgery Center

444 Merrick Rd – 4th Floor, Lynbrook, NY 11563

Phone: 516-887-0890 Fax: 516-887-6219

From Southern State Parkway, Take exit 17S, Ocean Avenue for 1.3 miles, make right on Peninsula Blvd for almost 1 mile, bear right at intersection of Merrick Road, building and parking lot is on your right.

From Peninsula Blvd bear right at intersection of Merrick Road, building and parking lot is on your right.

From 5 Towns: Take Peninsula Blvd make left onto Merrick Road, Building is on the corner on left.

New York Community Hospital

2525 Kings Highway, Brooklyn, NY 11229

Phone: 718-692-5343 Fax: 718-692-8787

Heading West- Take Belt Parkway to North Conduit Ave Take Exit 17W from Belt Parkway. Continue on N. Conduit Avenue. Take Linden Blvd, Avenue D and Foster Avenue to Kings Highway in Brooklyn.

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