

## INSTRUCTIONS FOR THE DAY OF YOUR PROCEDURE

- **Please stop Aspirin, Vitamin E and Fish Oil TWO WEEKS before your procedure.**
- **Please stop all NSAIDs 24 hours before your procedure.**
  
- If you take BLOOD THINNERS such as Coumadin, Plavix, Lovenox, Heparin, Warfarin, Aggrenox, ReoPro, Persantine, Ticlid, Ecotrin, or Aggrastat, you need to STOP taking it before your procedure  
**according to your medical clearance from your physician.** (Usually 4 to 7 days)
  
- **Nothing to eat or drink** from midnight the night before your procedure. You may drink sips of water up to two (2) hours before the procedure to relieve dry mouth.
- Take your regular medications with sips of water as directed. (See exceptions)
- If you are currently taking any Antibiotics you will need to be cleared from any infection before having any procedures.
- **Bathing Instructions:** Your skin, particularly at the injection site, needs to be adequately cleaned with soap prior to coming in for your procedure. Spend extra time cleaning the site during your morning shower or bath.
  
- **Diabetic Patients:** Your procedure will be scheduled before noon and you should CONTACT YOUR PRIMARY PHYSICIAN to discuss whether you should take your insulin or not.
  
- You must have someone to accompany and drive you home.
- Use a **cold pack**, not heat, to help reduce swelling or pain after your procedure.

### Facility Locations:

Premier Outpatient Surgery Center  
900 East Washington Street, # 155  
Colton, CA 92324  
(909)370-2190

LLUMC-Murrieta  
28062 Baxter Rd  
Murrieta, CA 92563  
(951)290-4000

University Surgery Center  
25405 Hancock Ave, # 110  
Murrieta, CA 92562  
(951)894-5000

University Spine Institute - Office  
25405 Hancock Ave, #110  
Murrieta, CA 92562  
(951)894-5000

\*If you have PPO insurance, you will be responsible for your co-insurance and deductible. You will be billed separately for the facility fees in addition to Dr. Johnson's professional fees.