

PATIENT GUIDE FOR TENEX PROCEDURES

We may need to obtain medical clearance from your primary care physician, cardiologist, and /or specialist. In many cases this will require blood work within 1 week of the procedure, and a recent EKG (3-6 months).

A pre-procedure appointment to go over the procedure itself and the post-procedure instructions is required.

- DO NOT take any anti-inflammatory medications or aspirin for 5 days prior to your procedure. (Includes Aspirin, Advil, Aleve, Ibuprofen, Celebrex, Diclofenac, Meloxicam).
- You will be given specific instructions if you are on Coumadin, Plavix, or other blood thinners. In general, we follow these guidelines:
 - Plavix® – Stop for 7 days prior to appointment (you will need clearance from your cardiologist if you have cardiac stents in place).
 - Coumadin® – Stop 5 days prior to appointment with an INR drawn the day before your appointment.
 - Aggrenox® – Stop 7 days prior to appointment.
 - Lovenox® – Stop 24 hours prior to appointment.
 - Xarelto® – Stop 3 days prior to appointment.
- Nothing to eat or drink 8 hours prior to your scheduled arrival time.
- If you are diabetic: if you are on insulin, please ask your endocrinologist for specific instructions about taking insulin the night before and/or the morning of surgery. You will probably be advised to lower the dose since you will not be able to eat breakfast.
- If you take other medications (pills) for diabetes, it is usually best to take your evening dose the night before surgery, but skip the morning dose on the day of surgery.
- It is necessary to have an adult stay with you and drive you home after the procedure.
- If you have mitral valve prolapse or normally take antibiotics prior to procedures, please notify your physician

PHYSICAL THERAPY: It is imperative that you have physical therapy setup prior to your procedure. It is recommended to start physical therapy within 1-2 weeks of your procedure.

AT HOME, AFTER YOUR PROCEDURE

Immediately after the injection, you may feel that your pain is gone or is much less. This pain relief is often from the local anesthetic and will usually only last a few hours, followed by return of pain.

PAIN MEDICATION:

- You may experience moderate to severe pain at the site of the procedure for 1-2 weeks.
- You can apply ice to the area for as long 15 minutes, 3 – 4 times a day for localized pain. Do not use heat until you are seen in follow up.
- For minor discomfort, Tylenol or Extra Strength Tylenol, not in excess of two tablets four times per day, may be used. Avoid any prescription or over the counter anti-inflammatory medicines such as Aspirin, Motrin, Advil, Ibuprofen, Aleve, Naprosyn, Naproxen, Voltaren, Diclofenac, Meloxicam, Mobic, Celebrex, for 14 days- after the procedure. Avoid prednisone for 4 weeks after the procedure.
- Pain medication prescribed by Dr. Panero may be taken as directed for discomfort not relieved by non-prescription medication. Do not drive or operate heavy machinery when taking narcotic pain medication.

ACTIVITY / DIET:

- You may be up and around as tolerated by your level of comfort; however, plan to take it easy the remainder of today.
- You may eat and drink as you desire.
- Do not drive for the remainder of the day.
- Do not take a tub bath or soak in water (i.e. pool, hot tub) for 5 days after the procedure.
- Please allow 3 days post-procedure before resuming physical therapy.

WOUND CARE:

Keep the procedure site clean and dry. You can remove the dressing 48 hours after the procedure. The steri-strips will fall off on their own over a period of 2-3 weeks.

You can shower 48 hours after the procedure. Do not scrub directly over your incisions and gently pat the incisions dry after showering. Do not go swimming or soak in a pool, bathtub, lake, or Jacuzzi for 2 weeks after the procedure.



WEIGHT BEARING STATUS:

- Weight Bearing as Tolerated
- Non-Weight Bearing for _____ days/ weeks. Then;
- Partial Weight Bearing for _____ days/ weeks. Then;
- Weight Bearing as Tolerated.

Shoulder:

- Wear the shoulder sling for 24 hrs

Elbow:

- Wear wrist splint for 1 week

Patellar Tendon:

- Wear the knee Immobilizer Brace locked at _____ degrees for _____ days/ weeks. Then;
- Wear the knee Immobilizer Brace locked at _____ degrees for _____ days/ weeks. Then;
- Wear the knee Immobilizer Brace locked at _____ degrees for _____ days/ weeks. Then discontinue.

Achilles Tendon:

- Wear the CAM Boot for _____ weeks

RARE POST-PROCEDURAL SYMPTOMS

You should be alert to report any signs of infection. You should call us immediately if any of the following occur:

- If you experience any swelling, redness, bleeding or discharge from the site of the injection.
- If you have a fever greater than 100 degrees Fahrenheit.
- If you experience new or worsening pain at the procedure site.
- If you experience a new numbness or weakness in your arms or legs.
- If you experience new difficulty with urination after the injection, like difficulty urinating or suddenly losing control of your bladder.

Call (916) 732-3000 if any worsening of pain, swelling, redness, fever, or other signs of infection. Seek urgent medical care if staff unavailable.

FOLLOW UP: 2-3 Weeks after the injection or earlier if you are having any urgent issues.