

ANATOLY ARBER, M.D.

Board Certified in Anesthesiology & Pain Management

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RADIOFREQUENCY INSTRUCTIONS

You have been scheduled for this procedure

This procedure will be done in Dr. Arber's office at the address above.

PLEASE BE 15 MINUTES EARLY FOR THIS APPOINTMENT

This appointment is scheduled for 1 ½ hours, due to the nature of our practice, if you are unable to keep this appointment please let us know as soon as possible so that our other patients have the opportunity to fill this appointment.

HMO PATIENTS: YOU WILL NEED A REFERRAL FOR THIS PROCEDURE. CALL YOUR PRIMARY DOCTOR FOR THE REFERRAL & PLEASE BE SURE THIS PROCEDURE WAS AUTHORIZED. YOU CANNOT BE SEEN WITHOUT A REFERRAL

To prepare for this procedure you should let the doctor know of any medical problems you have and any medications that you are taking, **especially if you are taking any blood thinners**. Make sure that the doctor is aware of any medications you are allergic to.

Please take **ALL** medications prescribed for you other than pain medications. You should **NOT** take any pain medications 4-6 hours before the procedure, unless the doctor has instructed you otherwise. **DO NOT TAKE IBUPROFEN PRODUCTS THE DAY OF THE PROCEDURE (Advil or Motrin)** All other medications should be taken as usual.

Please be sure you take a shower before coming for this procedure. Apply the Emla Cream (if you were given a prescription for it) to the entire area of the injection 1 hour before coming for the procedure.

Example: Apply the cream to your back from the middle of your back to the top of your buttocks, across both sides from left to right. Cover the area with plastic wrap or a plastic bag to help with absorption.

You cannot drive yourself home from the procedure, please have someone with you to drive you home.

Please plan on spending about 3 hours at the office for this procedure. Since this is a longer procedure, please make sure that you plan your day accordingly. You will want to relax for the rest of the procedure day. We do try our best to keep all of our scheduled appointment times. Please excuse any delays that may occur. You can be sure that you will be given the same quality care as all of our patients.

If you become ill: a cold, runny nose, sore throat, fever etc... Please give us a call as soon as possible. The procedure will need to be rescheduled when you are feeling better.