

hudson

MEDICAL

PRE - PROCEDURE INSTRUCTIONS

Please follow these general guidelines when anticipating a procedure at any Hudson Medical facility:

- We advise patients to wear comfortable, loose fitting clothes that will allow for easy access to the procedure site. Gowns are also available.
- We do advise that patients have an adult escort, especially if one is receiving anesthesia
- If you are taking any blood thinning medication (Plavix, Coumadin, Eliquis, etc.) you will need to discontinue their use for at least 5 days prior to your procedure, after obtaining clearance from your prescribing physician. Each kind of blood thinner has different guidelines. **DO NOT go off any blood thinners without consent from your prescribing physician.**
- If you are ill or on antibiotics on the day of your appointment, please call our office to find out if you are still able to proceed with your procedure.
- Please be advised that you should wait 2 days after the procedure before resuming any physical activity; physical therapy, massage, chiropractics, acupuncture, yoga, and pilates.
- If you are receiving a PRP or Stem Cell Injection - do not take any NSAIDs (Ibuprofen, Aspirin, Advil, Naproxen) for 2 weeks prior to your procedure.

Hudson Medical offers intravenous (IV) sedation for many procedures such as radiofrequency ablations. The anesthesia is usually a light twilight sedation, which will make the procedure more comfortable. While IV sedation is offered for many procedures, it is not required. Many procedures can be done with local anesthetic alone.

- Drink plenty of water the day before your procedure
- **DO NOT** eat or drink anything 6-8 hours before your appointment
- Water may be consumed up to 2 hours before your appointment
- If you are taking any daily medications, you may take them with a small sip of water

If you have any questions leading up to your procedure, please call our office at (646) 596-7386 or email us at hello@hudsonmedical.com