

# PAIN MANAGEMENT PRE-PROCEDURE INSTRUCTIONS – DR WANDERMAN

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Dr. Wanderman (Office Phone: 763-302-2465)

It is recommended for comfort not to have any food 2 hours prior to the procedure, but it is not mandatory. You may drink liquids up until the time of the procedure.

If you are having a radiofrequency ablation do not eat for 8 hours prior to your procedure. You may have water until 4 hours prior to your procedure.

Please report any use of blood thinners including NSAIDS and aspirin to Dr. Wanderman's office prior to your procedure. Follow any recommendations they may have regarding stopping these medications.

**You will need a driver** after your procedure. **Radiofrequency ablation patients MUST have a driver and someone who can stay overnight with them after the procedure.**

Please refrain from smoking or drinking alcohol for 24 hours prior to your procedure.

If you develop a serious illness, infection, flu-like symptoms or start taking antibiotics, please call Dr. Wanderman's office.