



SURGICAL CENTER PROCEDURE INSTRUCTIONS

DATE: _____

**TIME-YOU SHOULD CALL THE FACILITY THE DAY BEFORE
BETWEEN 2PM-4PM FOR YOUR APPOINTMENT TIME**

- _____ Shrewsbury Surgical Center
- _____ Monmouth Medical Center
- _____ Toms River Surgical Center
- _____ Physician’s SurgiCenter
- _____ Neptune Surgical Center (Surgical Institute, LLC)

IF YOU ARE RECEIVING SEDATION:

- **DO NOT EAT** anything at least **8** hours before your block *if you are receiving sedation*. Come with an empty stomach. **Please do not chew gum or suck on any candy.** It is okay to drink clear liquids only up to **6** hours before your block (WATER, APPLEJUICE, OR GINGER ALE). **Please, no tea or coffee (regular or decaf).**
- You should have an escort to drive you home due to the nature of the procedure. **THIS IS MANDATORY IF RECEIVING SEDATION.** The driver must meet you in the Pain Center to escort you to the vehicle. They cannot wait for you in the car.

Facet Blocks, Medial Branch Blocks, Radiofrequency, SI Joint and joint injections:

- You **DO NOT** need to stop NSAID’s (advil, motrin, aleve, ibuprofen for example), Plavix, Coumadin, or other blood thinners.

Epidural Injections:

- NSAID’s/Antinflammatories (advil, motrin, aleve, ibuprofen, voltaren, for example) - STOP 3 days prior to procedure.
- You must contact and obtain permission for stopping blood thinners from the prescribing doctor’s office to determine how long the medication has to be stopped.

Guidelines for Aspirin Use:

- Continue with aspirin unless you are scheduled for cervical epidural injection.

DIABETIC

- If you are diabetic, you need to let us know and we will schedule your procedure early in the morning. Take 1/3 of your long acting insulin the morning of your procedure only. Do not take any oral diabetic medications.

Other Medications:

- Continue to take any other medications (such as blood pressure pills, seizure medications, asthma medication, etc.) as you usually do up until and including the morning of the procedure. You may take these medications the morning of the block with a small sip of water.

Radio Frequency Denervation:

- Please inform us if you have a PACEMAKER and/or DEFIBRILLATOR.

IF YOU ARE PREGNANT OR TRYING TO GET PREGNANT YOU MUST INFORM THE DOCTOR IMMEDIATELY.

I have read and understand the above instructions X _____

Date: _____

Printed Name: _____

Facilities

SHREWSBURY SURGICAL CENTER

655 Shrewsbury Avenue, Shrewsbury, NJ 07702 732- 450-9017

Parkway to exit 109 – turn onto Route 520 East – at 3rd (from Parkway North) or 4th light (from Parkway South), make a right onto Shrewsbury Avenue – at 3rd light, make a left into 655 Shrewsbury Avenue.

(Patient calls the center between 2-4pm the day prior for show up time. If busy call back or leave a message and they will call you back.)

MONMOUTH MEDICAL CENTER, Ambulatory Surgical Center

300 Second Avenue, Long Branch, NJ 07740 732- 923-6514

Parkway to exit 105 onto Route 36 East – at 6th or 7th light, make a right onto Broadway. Take Broadway down until McDonalds comes up on the left. At that light, make a right onto Third Avenue – Monmouth Medical Center is all the way down on the left. (across from Long Branch Train Station).

(Patient calls the center at 732-923-7830 between 2-4pm the day prior for show up time. If busy call back or leave a message and they will call you back.)

TOMS RIVER SURGICAL CENTER

1430 Hooper Ave, Toms River, NJ 08755 732-240-2277

Garden State Parkway to Exit 82 onto Rte 37 East. After 2nd traffic light, take jughandle to Hooper Ave North.

At 6th traffic light take jughandle and turn left onto Indian Hill Rd. Building is on right. 3rd Floor (1 mile North of Ocean County Mall)

(Center calls patient between 2-4pm the day prior to inform them of show up time.)

PHYSICIAN'S SURGICENTER

1 Plaza Drive, Unit 2-4, Toms River, NJ 08757 732-818-0059

Garden State Parkway to exit 82 to Route 37 west. Go approximately 1 ¾ miles and turn onto Mule Rd. Take first right onto Plaza Drive. Center is immediately on your left.

(Center calls patient between 1-5pm the day prior to inform them of show up time.)

NEPTUNE SURGERY CENTER (SURGICAL INSTITUTE, LLC)

3613 Highway 33 Corlies Avenue, Neptune NJ 07753 732-918-0061

Directions from North: Parkway South to exit 100B and proceed ½ mile. Center will be on your left. OR Rt. 18 South to exit 8B. Take Rt. 33 West for 1.75 miles Center on the right.

Directions from the South: Parkway North to exit 100 and proceed ½ mile. Center will be on your left. OR Rt. 18 North exit 8. Take Rt. 33 West for 1.75 mile. Center on the right.

(Center calls patient between 10-2 pm the day prior to inform them of show up time)

**IF YOU DO NOT HEAR FROM YOUR
CENTER BY 3PM THE DAY PRIOR
TO YOUR PROCEDURE-----YOU
SHOULD CALL THEM IMMEDIATELY**