Auckland Regenerative Clinic

Spinal Consent

Consent for Spinal Experimental Platelet-Rich Plasma (PRP), Epidural, Facet, and Sacroiliac joint using ultrasound-assisted or ultrasound-guided injections.

Patient full name: .....

Are you on Blood thinners like Warfarin, dabigatran, rivaroxaban, Aspirin or clopidogrel? if so, let the specialist knows as this might be stopped before the procedure?

-We cannot use PRP in patient with an active cancer for the last 5 years

Why is it done?
It is usually done where there is pain due to nerve irritation with sciatica, disc bulge, degenerative spinal disease, or resistant spinal injuries.

What is it?
This is an injection into the spine, into the epidural space or facet joints or sacroiliac joints and ligaments. This is the space between the bony spinal canal and the spinal cord and nerves. The injection is different in that it contains local anesthetic and regenerative medicine with plasma.

How does it work?
The local anesthetic works to numb the nerves in the area. This is temporary and lasts about twelve hours. The plasma acts to decrease swelling and inflammation and promote repair and healing. It helps decrease the nerve irritation, and usually starts working within a week-a month after the injection.

How is it done?
It is usually done by specialist with knowledge about the procedure. Some local anesthetic is injected into the skin in the low back region, ultrasound is done to measure the distance then special spinal needle introduced carefully and slowly into the epidural space and or other parts of the spine. It is preferable to stay up to 30 minutes in the waiting room before leaving the medical centre to ensure all good.

What are the risks?
Complications are not common, but it is important as a patient to be aware them and ask the specialist for any clarifications.

(1) Post injection pain due to the inflammatory healing response for up to a week- this can be managed by rest, stretches, analgesia with paracetamol plus codeine or tramadol but avoid anti-inflammatory medicine like voltaren and Brufen as they reduce the effect of the therapy.

(2) Post epidural headache which can last up to 3-4 days – this can be minimized by lying flat on your back with regular paracetamol for a couple of days and good hydration.

(3) Leg numbness usually transient and can take up to 24 hours- just rest in bed and move the legs by stretching it.

(4) The other rare risks – bleeding, nerve injury and spinal infection/meningitis. Contact the specialist whenever there is fever, shivering, feeling unwell, and if are living locally the specialist might visit you at home if needed. On the safe side we give preventative antibiotics for 5 days.

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Consent for proceeding with Epidural & other spinal injection by Dr Hassan Mubark (Rheumatologist)

I acknowledge that no guarantee of benefit from this treatment has been given by anyone. I accept that no refund will be issued if no benefit occurs despite our best efforts using the latest technology and techniques.

I am aware of the benefit; possible complications and the possibility of the procedure might not work. I am happy to proceed with the above procedure.

Patient signature: ..... **Date:** .....

Contact specialist for any issues:
Email: drhassanmubark@gmail.com
Mobile: 021843513