

BWH Pain Attending Procedure Preferences

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[Dr. Srdjan Nedeljkovic]

- Writes his own procedure notes and does his own telehealth and virtual visits
- Sometimes “runs the list” of clinic patients with you in the AM
- Always try to order 5 ml vial of Depo-Medrol if available except for TPIs (specifically order 200 mg otherwise defaults to multiple 1 ml vials)
- Punctual with clinic and procedures
- **Weekend call:** meet ~ 6:30 AM without pre-rounding
Stays in hospital until morning notes are completed

Baclofen Single Shot (with Fluoroscopy)

Medications to Order:

Baclofen 50 to 75 mcg/ml

Confirm dose with attending

Procedure:

- Spinal kit with 25 G Whitacre

Caudal Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Omnipaque

Depo-Medrol 40 mg/mL (5 mL vial)

Procedure:

- #17 gauge Weiss needle
 - Inserts catheter midline to ~ L5 or S1
 - Confirmation with contrast in lateral + AP views
- Inject 120 mg methylprednisolone followed by 3 mL 0.5% lidocaine

Cervical Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Procedure:

- Contralateral oblique view
- LOR to air with glass syringe
- Attach tubing to epidural needle and drip to gravity through glass LOR syringe
 - Administer 120 mg methylprednisolone followed by 3 mL 0.5% lidocaine

Cervical Medial Branch Block

Medications to order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Bupivacaine 0.25% (10 mL)

Procedure:

- Patient prone (A-P mid-point of articular pillar)
- Injectate (per level): 20 mg Depo-Medrol + 1 mL 0.25% bupivacaine
- 3.5 inch 22-gauge spinal needle

Genicular Nerve Block:

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Bupivacaine 0.25% (10 mL)

Procedure:

- Injectate: 40 mg Depo-Medrol + 4 mL 0.25% bupi at each of the 3 levels

Knee Intra-Articular Steroid

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Bupivacaine 0.25% (10 mL)

Procedure:

- Injectate: 6 mL 0.25% bupivacaine + 80 mg Depo-Medrol
- Fluoroscopy with 3.5 inch spinal needle

Lumbar Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Procedure:

- #17 gauge Weiss needle
- LOR to air with glass syringe
- Confirmation in CLO and lateral views without contrast
- Attach tubing to epidural needle and drip to gravity through glass LOR syringe
 - Administer 120 mg methylprednisolone followed by 3 mL 0.5% lidocaine

Lumbar Medial Branch Blocks

Medications to Order:

0.5% lidocaine (50 mL)

0.25% bupivacaine (10 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Procedure:

- #22 gauge 3-½ inch spinal needle
- Injectate: 1 mL of 0.25% bupivacaine + 20 mg methylprednisolone at each level
 - Inject methylprednisolone then bupivacaine separately
- AP-only

Lumbar Radiofrequency Ablation:

Medications to Order:

Lidocaine 0.5% (50 mL)

Lidocaine 2% (5 mL)

Procedure:

Lumbar Transforaminal Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Dexamethasone 10 mg

Bupivacaine 0.25% (10 mL)

Contrast

Procedure:

- Pointer initially in AP at lateral inferior edge of transverse process
- Transition from AP to oblique with pointer in place
- Bent 22-gauge 3.5 inch spinal needle
- Injectate: 5 mg dexamethasone + 1 mL 0.25% bupivacaine per level

Sacroiliac Joint Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Bupivacaine 0.25% (10 mL)

Procedure:

- Medial to lateral approach (intra-articular)
- If unilateral, three #22-gauge 3-½ inch spinal needles (superior; middle; inferior pole)
 - 40 mg Depo-Medrol and 3 mL 0.25% bupivacaine into each needle
- If bilateral, two #22-gauge 3-½ inch spinal needles (middle; inferior pole) each side
 - 30 mg Depo-Medrol and 3 mL 0.25% bupivacaine into each needle

Shoulder Injection with Fluoroscopy

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL

Bupivacaine 0.25% (10 mL)

Procedure (Glenohumeral):

- Lateral to medial approach
- #22-gauge 3-½ inch spinal needle
- Injectate: 40 mg Depo-medrol + 5 mL 0.25% bupivacaine

Procedure (Acromioclavicular):

- #25-gauge 1-½ inch local needle
- Injectate: 40 mg Depo-medrol + 1 mL 0.25% bupivacaine

Sphenopalatine Ganglion Block

Medications to Order:

Bupivacaine 0.5%

Procedure:

- Cotton swab

TAP Block (Ultrasound)**Medications to Order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Bupivacaine 0.25% (10 mL)

Procedure:

- Injectate: 18 mL 0.25% bupivacaine + 80 mg Depo-Medrol
- Needle insertion (Pajunk) from medial to lateral

Trigger Point Injections**Medications to Order:**

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg/mL (1 mL vial)

Procedure:

- Injectate: 1 mL methylprednisolone (40 mg) + 9 mL 0.25% bupivacaine

[Dr. Pritesh Topiwala]

- Prefers help with telehealth and sometimes with virtual visits
- For **Hale** - 1st floor Daniel Ponton Teaming Room
- **No** lidocaine in epidural space (steroid and normal saline only). If he may want Lido for an epidural, ask him.
- For procedure notes, copy forward prior progress note and add procedure note
- For progress notes, often keeps prior "Interval History"
- For **FXB**, order fluoroscopy with meds
 - Confirm availability of Depo-Medrol
 - Exchange bupivacaine 0.25% 1:1 with ropivacaine 0.5%

Caudal Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)
80 mg Depo-Medrol

Procedure:

- Injectate: 5 mL 0.5% lidocaine + 80 mg Depo-Medrol
- Attempts amLess with 25 G 1.5 inch "local" needle
- Confirms with contrast

Cervical Medial Branch Block

Medications to Order:

Lidocaine 0.5% (50 mL)
Dexamethasone 10 mg/mL (1 mL vial)

Procedure:

- #25 gauge spinal needle
 - Single needle x3 positions
- Lateral positioning for diagnostic blocks
- 0.75 mL injectate per position (injectate consists of 1 mL dexamethasone and 1.5 mL 0.5% lidocaine)

Genicular Nerve Block

Medications to Order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
60 mg Depo-Medrol

Procedure:

- Injectate: 20 mg Depo-Medrol + 1 mL 0.25% bupivacaine per site

Knee Intra-Articular Steroid with Fluoroscopy

Medications to Order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
40 mg Depo-Medrol or 40 mg Kenalog

Procedure:

- Pointer needle
- Use 1.5 inch 25-gauge local needle if amLess to joint if feasible
- Confirm with lateral fluoroscopy
- Injectate: 3 mL 0.25% bupivacaine + 1 mL steroid (40 mg Depo or 40 mg Kenalog)

Greater Trochanteric Bursa Injection**Medications to Order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Palpation landmark technique
- Injectate: 40 mg Depo-Medrol + 4-6 ml 0.25% bupivacaine

Hip Intra-articular Injection**Medications to Order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Supine fluoroscopy
- Injectate: 40 mg Depo-Medrol + 4-6 ml 0.25%

Lumbar Epidural Steroid Injection**Medications to Order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg

Omnipaque 300 mg

Procedure:

- Loss-of-resistance to 3 mL contrast syringe
- Injectate: 80 mg Depo-Medrol + 3 ml 0.5% lidocaine

Lumbar Medial Branch Block**Medications to Order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg

Omnipaque 300 mg

Procedure:

- 22-gauge 3.5 inch spinal needle
- - Injectate: 40 mg Depo-Medrol + 2 mL 0.25% bupivacaine (1 mL per level)

Lumbar Transforaminal Epidural Steroid Injection**Medications to Order:**

Lidocaine 0.5% (50 mL)

Dexamethasone 10 mg (1 mL)

Procedure:

- 22-gauge 3.5-inch needle
- Injectate: 1 mL 0.5% lidocaine + 10 mg (1 mL) dexamethasone per level

Sacroiliac Joint Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

80 mg Depo-Medrol

Procedure:

- Injectate: 3 mL 0.25% bupivacaine + 40 mg Depo-Medrol
- Intra-articular approach

Trigger Point Injections

Medications to Order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

40 mg Depo-Medrol or 40 mg Kenalog

Procedure:

- Injectate: 5 mL 0.5% lidocaine + 5 mL 0.25% bupivacaine + 10 mg Depo-Medrol

[Dr. Edward Michna]

- Do not bend spinal needles
- Does his own telehealth and virtual visits
- **No** lidocaine in epidural space (steroid and normal saline only)

Caudal Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg/mL (80 mg total)
Omnipaque 300 mg

Procedure:

- 17 G epidural needle (no catheter)
- + Contrast
- Large volume injectate ~ 8-10 ml total (6-8mL NS + 80 Depo-Medrol)

Cervical Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg/mL (80 mg total)
NO OMNIPAQUE

Procedure:

- Hanging drop technique with patient in sitting position (lateral fluoroscopy)
 - Prepare 3-mL syringe with normal saline and needle to add “drops” to epidural needle
- Attach tubing to epidural needle (preferably assistant so that the operator maintains control of needle)
- Drip to gravity through glass LOR syringe
 - 80 mg methylprednisolone followed by 2-3 mLs of normal saline

Cervical Medial Branch Blocks

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg/mL (80 mg total)

Procedure:

- Patient prone (A-P mid-point of articular pillar)
 - Confirmation in lateral view
- Injectate (per level): 20 mg Depo-Medrol + 1 mL 0.5% lidocaine
- 3.5 inch 22-gauge spinal needle

Genicular Nerve Block

Medications to Order:

Depo-Medrol 80 mg (2 mL)
Bupivacaine 0.25% (10 mL)
Lidocaine 0.5% (50 mL)

Procedure:

- Injectate: 20 mg Depo-Medrol + 2-3 mL 0.25% bupivacaine per level
- Superolateral + superomedial + inferomedial

Hip Injection: Greater Trochanteric Bursa

Medications to Order:

Depo-Medrol 40 mg (1 mL)

Bupivacaine 0.25% (10 mL)

Lidocaine 0.5% (50 mL)

Procedure:

- Injectate: 20-40 mg Depo-Medrol + 2 mL 0.25% bupivacaine per side

Knee Intra-Articular with Synvisc

Medications to Order:

Lidocaine 0.5% (50 mL)

Synvisc 2 mL (16 mg)

Procedure:

- Pointer needle
- Exchange local anesthetic needle for 3.5 inch 22-gauge spinal
- Confirm with lateral fluoroscopy

Lumbar Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (80 mg total)

Procedure:

- LOR to glass syringe with air (17 or 20 G epidural needle)
 - Lateral or CLO confirmation
 - No contrast
- Attach tubing to epidural needle
- Drip to gravity through glass LOR syringe
 - 80 mg methylprednisolone followed by 2-3 mLs of normal saline

Lumbar Medial Branch Blocks

Medications to Order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 60 mg per side (120 mg bilateral)

Procedure:

- 20 Depo-Medrol + 1 mL bupivacaine 0.25 ml each level
- Inject lidocaine with needle removal
- Confirm with lateral fluoroscopy
-

Lumbar Radiofrequency Ablation

Medications to Order:

Lidocaine 0.5% (50 mL)

Lidocaine 2% (5 mL)

Procedure:

- Cephalad tilt of fluoroscope (angled towards feet)
- One RFL lesion at a time
- Confirms RFL probes in lateral position
 - Multiple checks (ask patient to hold breath) with testing and 2% lidocaine

Lumbar Transforaminal Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Dexamethasone 10 mg (1 mL)

Procedure:

- 22-gauge 5-inch needle
- Injectate: 1 mL 0.5% lidocaine + 10 mg (1 mL) dexamethasone per level
- Do not bend needle

Sacroiliac Joint Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Injectate: 2 mL bupivacaine 0.25% + 40 mg Depo-Medrol
- Single injection at inferior pole of joint
- Confirm with lateral fluoroscopy

Trigger Point Injections

Medications to Order:

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Injectate: 9 mL 0.25% bupivacaine + 40 mg Depo-Medrol
 - Varies injectate with frequency of TPIs and history of diabetes mellitus

[Dr. Ed Ross]

- Does his own telehealth and virtual visits
- Often sees patients on his own (and performs pump refills)
- High level of autonomy afforded to residents and fellows

Baclofen Single Shot

Medications to Order:

Baclofen 50 mcg/ml if ambulatory
Confirm dose with attending

Procedure:

- Sitting or lateral decubitus per patient comfort
- Spinal kit with 25 G Whitacre

Botulinum Toxin (BOTOX)

Medications to Order:

Botulinum toxin type A injection 100 units

Procedure:

- Doesn't always use "migraine protocol"

Caudal Epidural Steroid Injection

Medications to order:

Lidocaine 0.5%
Methylprednisolone 40 mg/mL (80mg total)

Procedure:

- Injectate: 80 mg methylprednisolone + 3-4 mL 0.5% lido
- Can use 25 g 1.5 inch finder needle to amLess space (by palpation if possible) with fluoro to confirm or reposition
- No contrast

Cervical Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg/mL (80 mg total)

Procedure:

- Hanging drop technique with patient in sitting position (lateral fluoroscopy)

Cervical Medial Branch Block

Medications to order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
Methylprednisolone 80 mg

Procedure:

- Injectate (per level): 20 mg methylprednisolone + 0.5-1 mL 0.25% bupivacaine

- 25-gauge 2.5 inch needle
- AP fluoroscopy targeting pedicle

Greater Trochanteric Bursa Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- No fluoroscopy or contrast
- Injectate: 40 mg Depo-Medrol + 4 mL 0.25% bupivacaine

Hip Intra-Articular Joint Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg

Bupivacaine 0.25% (10 mL)

Procedure:

- Fluoroscopy with 22G 3.5 inch spinal needle
- Injectate: 40 mg Depo-Medrol + 4 mL 0.25% bupivacaine

Knee Intra-Articular Joint Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Procedure:

- Landmark or fluoroscopy
- Injectate: 40 mg Depo-Medrol + 4 mL 0.25% bupivacaine

Lumbar Medial Branch Blocks

Medications to order:

Lidocaine 0.5% (50 mL)

Methylprednisolone 40 mg

Bupivacaine 0.25% (10 mL)

Procedure:

- AP views only
- No specific injectate preference

Piriformis Injection

Medications to order:

Methylprednisolone 40 mg

Bupivacaine 0.25% (10 mL)

Procedure:

- Landmark (palpation) technique
- Injectate: 10-20 mg methylprednisolone + 5 mL 0.25% bupivacaine

Pump Refill

Procedure:

- Use pump refill template

Sacroiliac Joint Injection

Medications to order:

Lidocaine 0.5% (50 mL)

Methylprednisolone 40 mg

Bupivacaine 0.25% (10 mL)

Procedure:

- AP views only
- Periarticular injection x2 (inferior pole and ~ $\frac{1}{3}$ distance above inferior pole)
- Injectate: 10-20 mg Depo-Medrol + 1 mL 0.25% bupivacaine per needle

Thoracic Medial Branch Block

Medications to order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Methylprednisolone 80 mg

Procedure:

- Injectate (per level): 20 mg methylprednisolone + 0.5-1 mL 0.25% bupivacaine
- 25-gauge 2.5 inch needle
- AP fluoroscopy targeting pedicle

Trigger Point Injections

Medications to Order:

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg/mL (1 mL)

Procedure:

- Injectate: 1 mL methylprednisolone + 9 or 10 mL 0.25% bupivacaine

[Dr. Jason Yong]

- Does his own telehealth and *sometimes* does his own virtual visits
 - Prefers help with telemedicine if "complete downtime"
- Writes his own procedure notes
- Writes his own operative notes
- For **Faulkner** - do not place medication orders
- For **Hale** - 1st floor Daniel Ponton Teaming Room

Botox for migraines

BOTOX® Dosing by Muscle Areas for Chronic Migraine

A. Corrugator
BOTOX® dosage: 10 Units divided in
2 sites Right: ____ Left: ____

B. Procerus
BOTOX® dosage: 5 Units in
1 site _____

C. Frontalis
BOTOX® dosage: 20 Units divided in
4 sites Right: ____ Left: ____

D. Temporalis
BOTOX® dosage: 40 Units divided in
8 sites Right: ____ Left: ____

E. Occipitalis
BOTOX® dosage: 30 Units divided in
6 sites Right: ____ Left: ____

F. Cervical Paraspinal
BOTOX® dosage: 20 Units divided in
4 sites Right: ____ Left: ____

G. Trapezius
BOTOX® dosage: 30 Units divided in
6 sites Right: ____ Left: ____

Handwritten notes: 0.8 cc, 0.8, 1 cc, 0.6 cc, 2.2 cc into each vial

Caudal Epidural Steroid Injection

Medications to order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 80 mg (2 mL)

Procedure:

- Start with lateral image
- Injectate: 6 ml 0.5% lidocaine + 80 mg Depo-Medrol

Celiac Plexus Block

Medications to order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
Depo-Medrol 80 mg
Omnipaque

Procedure:

- Start AP to identify TP of L1 then ipsilateral (L) oblique until TP lines up with lateral edge of vertebral body
- Advance needle co-axial to lateral edge of L1 vertebral body and transverse process

- Advance through aorta (consider removing stylet to visualize blood) then advance again through back wall (i.e. through and through method)
- Injectate: 80 mg Depo-Medrol + 8-9 mL 0.25% bupivacaine (10 mL total)

Cervical Epidural Steroid Injection

Medications to order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg

Omnipaque

Procedure:

- Loss-of-resistance to 3 mL contrast syringe
- Confirmation in CLO view
- Injectate: 80 mg Depo-Medrol + 3 mL 0.5% lidocaine

Cervical Medial Branch Block

Medications to order:

Bupivacaine 0.25% or 0.5% (10 mL)

Dexamethasone 10 mg

Lidocaine 0.5% (50 mL)

Procedure:

- 4 levels with 1.5 inch 25-gauge local anesthetic needle (single needle technique)
- Lateral position
- Injectate: 10 mg dexamethasone + 3 mL 0.5% bupivacaine (1 mL per level)

Epidural ITP Trial (for non-malignant pain)

Medications to order:

- 0.0625% bupivacaine + 20 mcg/mL hydromorphone (confirm with Jason)

For the OR:

- Periflex catheter set (1.5% lido with epi and Chloraprep inside kit) + Epimed epidural needle (x2 if tunneling) + Epimed epidural catheter + StayFix
- C-arm + drape
- 1000 drapes + blue towels + ½ sheet

Post-op:

- Admit to ERU/23h inpatient for titration
- Start with 0.0625% bupivacaine + 20 mcg/mL hydromorphone at 6 mL/hr
 - If necessary to increase density, increase to 40 mcg/mL or 60 mcg/mL hydromorphone mix

Ganglion Impar

Medications to order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Omnipaque

Procedure:

- Lateral fluoroscopy
- Confirm with contrast
- Injectate: 5 mL bupivacaine 0.25% + 40 mg Depo-Medrol

Knee Intra-Articular Injection**Medications to order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg

Bupivacaine 0.25% (10 mL)

Procedure

- Landmark technique
- Injectate: 40 mg Depo-Medrol + 2 mL 0.25% bupivacaine + 2 mL 0.5% lidocaine

Lumbar Epidural Steroid Injection**Medications to order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg

Omnipaque

Procedure:

- Loss-of-resistance with a 3 mL contrast syringe
- Confirmation in CLO view
- Injectate: 80 mg Depo-Medrol + 3 mL 0.5% lidocaine (5 mL total volume)

Lumbar Medial Branch Block**Medications to order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Single needle technique (bent) 22 or 25 gauge
- Injectate: 40 mg Depo-Medrol + 2 mL 0.25% bupivacaine (1 mL per level)

Lumbar Radiofrequency Ablation**Medications to order:**

Lidocaine 0.5% (50 mL)

Lidocaine 2% (5 mL)

Procedure:

- AP for SA needle then "Scotty dog"
- 2 minute lesion followed by 180 degree turn of needle then 2 minute repeat lesion

Lumbar Sympathetic Block**Medications to order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg
Bupivacaine 0.25% (10 mL)
Omnipaque

Procedure

- Injectate: 40 mg Depo-Medrol + 10 mL 0.25% bupivacaine

Occipital Nerve Block

Medications to order:

Lidocaine 2% (5 mL)
Depo-Medrol 40 mg

Procedure:

- Injectate: 1 ml 40 mg/ml Depo-Medrol + 4 ml 2% lidocaine
- 30 gauge 0.5 inch needle
- 1 ml at each LONB, 1.5 ml at each GONB

Pump Refill

Procedure:

- Use ultrasound to identify refill port
- Mark with marker or imprint skin with cap

Sacroiliac Joint Injection

Medications to order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg
Bupivacaine 0.25% (10 mL)

Procedure:

- Target lateral border of S1 + S2 + S3 foramen and SA
- Two needles: first target S1 and S3 - second target SA and S2
- Injectate for unilateral: 40 mg Depo-Medrol + 3 mLs 0.5% bupivacaine (1 mLs each level)
- Injectate for bilateral: 80 mg Depo-Medrol + 7 mLs 0.5% bupivacaine

Stellate Ganglion Block

Medications to order:

Lidocaine 0.5% (50 mL)
Dexamethasone 10 mg
Bupivacaine 0.25% (10 mL)

Procedure:

- Ultrasound-guided (in-plane)
- Injectate: 10 mg dexamethasone + 8-9 mL 0.25% bupivacaine

Transforaminal Epidural Steroid Injection

Medications to order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
Dexamethasone 10 mg

Omnipaque

Procedure:

- Injectate: 10 mg dexamethasone + 1 mL 0.25% bupivacaine or 1 mL 0.5% lidocaine
 - If 2 levels, draw up 10 mg dex + 3 mL 0.25% bupivacaine for total of 2 mL at each level

[Dr. Ehren Nelson]

- Predominantly dexamethasone as steroid choice
- Prefers help with telemedicine and virtual visits
- For **Faulkner** - do not place medication orders

Cervical Epidural Steroid Injection

Medications to Order:

Dexamethasone 10 mg
Lidocaine 0.5% (50 mL)
Omnipaque

Procedure:

- Injectate: 10 mg dexamethasone + 3-4 mL 0.5% lidocaine
- LOR with contrast syringe
- 20-gauge Weiss needle

Cervical Medial Branch Block

Medications to Order:

Dexamethasone 10 mg
Lidocaine 0.5% (50 mL)

Procedure:

- Patient in lateral position (AP films) aim for middle of lateral mass
- Injectate (3 levels): draw up 10 mg dexamethasone + 1.5 mL 0.5% (or 2%) lidocaine → 3.3 mg dexamethasone + 0.5 mL 0.5% lidocaine at each level

Lumbar Epidural Steroid Injection

Medications to Order:

Dexamethasone 10 mg
Lidocaine 0.5% (50 mL)
Omnipaque

Procedure:

- Injectate: 10 mg dexamethasone + 3-4 mL 0.5% lidocaine
- LOR with contrast syringe
- 20-gauge Weiss needle

Transversus Abdominis Plane Block

Medications to Order:

Dexamethasone 10 mg
Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)

Procedure:

- Injectate: 10 mg dexamethasone + 9 mL 0.5% bupivacaine
- Prepare two additional 5 mL syringes of 0.5% lidocaine

Shoulder Glenohumeral Joint Injection with Ultrasound (Posterior Approach)

Medications to Order:

Depo-Medrol 40 mg

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Procedure:

- Patient in prone or lateral position → place ultrasound on posterior shoulder to identify triangle
- Injectate: 40 mg Depo-Medrol + 3 mL 0.25% bupivacaine

[Dr. Sanjeet Narang]

- Prefers help with telemedicine and virtual visits
- **For FXB**, order fluoroscopy with meds
 - Confirm availability of Depo-Medrol
 - Exchange bupivacaine 0.25% 1:1 with ropivacaine 0.5%
- Do not bend needle
- Always uses Depo-Medrol (not dexamethasone)

Genicular Nerve Block:

Medications to Order:

Lidocaine 0.5%
Depo-Medrol 80 mg
0.25% bupivacaine

Procedure:

- 3x 25 g 1.5 inch needles
- Injectate: 2 mL 0.25% bupi and 20 mg Depo-Medrol at each of the 3 sites
- Needle insertion from lateral-to-medial or medial-to-lateral in AP view to target bone (*not* co-axial)

Lumbar Epidural Steroid Injection:

Medications to Order:

Lidocaine 0.5% 50 mL
Depo-Medrol 80 mg

Procedure:

- Injectate: 2 mL normal saline + 80 mg Depo-Medrol + 2 mL 0.5% lidocaine
 - Don't mix lidocaine in case wet tap
- 17-gauge epidural needle
- Confirmation in lateral or CLO

Lumbar Medial Branch Blocks:

Medications to Order:

Lidocaine 0.5% 50 mL
Bupivacaine 0.25% 10 mL
Depo-Medrol 40 mg

Procedure:

- Injectate: 4 mL bupivacaine 0.25% + 40 mg Depo-Medrol
- AP targeting pedicles
- 3x 22 g 1.5 inch needles

Lumbar Radiofrequency Ablation:

Medications to Order:

Lidocaine 0.5% 50 mL
Lidocaine 2% 5 mL

Procedure:

- Injectate: 3.3 mg dexamethasone and lidocaine *post-ablation*

Trigger Point Injections**Medications to Order:**

0.5 lidocaine (50 mL)

0.25% bupivacaine (10 mL)

Drop-Medrol 40 mg

Transforaminal Epidural Steroid Injection:**Medications to Order:**

Lidocaine 0.5%

Depo-Medrol 80 mg

Omnipaque 300 mg

Procedure:

- Injectate: 40 mg Depo-Medrol + 1 mL 0.5% lidocaine per level
- Do not bend needle
- Confirmation with contrast

[Dr. Mo Issa]

- For procedure notes, carry forward prior follow-up notes and embed procedure note
- For **Faulkner** - do not place medication orders
- **Weekend call:** Prefers pre-rounding (meet at ~ 8 or 9 AM)

Cervical Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Dexamethasone 10 mg

Omnipaque

Procedure:

- Injectate: 10 mg dexamethasone + 3 mL 0.5% lidocaine
- Loss of resistance to tubing + contrast

Cervical Medial Branch Block

Medications to Order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Lateral positioning if unilateral at higher than C5
 - Prone positioning if bilateral or C5 and lower
- Injectate: 10 mg dexamethasone + 2-3 mL 0.25% bupivacaine (1 mL per level)

Cluneal Nerve Block

Medications to Order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Target 3 points along iliac crest
- Injectate (therapeutic): 40 mg Depo-Medrol + 2 mL 0.25% bupivacaine (1 mL per level)
- Injectate (diagnostic): 3 mL 2% lidocaine (1 mL per level)

Genicular Nerve Block

Medications to Order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Injectate: 40 mg Depo-Medrol + 2 mL 0.25% bupivacaine (1 mL per site)

Greater Trochanteric Bursa Injection - Fluoroscopy

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg

Procedure:

- Lateral position with target hip up
- Take lateral images
- Injectate: 40 mg Depo-Medrol + 4 mL 0.5% lidocaine
- No contrast

Hip Injection Intra-articular - Fluoroscopy**Medications to Order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Supine position
- Injectate: 40 mg Depo-Medrol + 4 mL 0.5% lidocaine
- Yes contrast
- Lateral to medial trajectory

Hypogastric Nerve Block**Medications to Order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Omnipaque

Procedure:

- Injectate: 5 mL bupivacaine 0.25% + 5 mL lidocaine 5% + 40 mg Depo-Medrol
- Target at anterolateral surface of L5
- Confirmation with contrast

Lumbar Epidural Steroid Injection**Medications to Order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg

Procedure:

- Injectate: 80 mg Depo-Medrol (2 mL) + 4 mL 0.5% lidocaine
- No preference in terms of LOR technique

Lumbar Medial Branch Block**Medications to Order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Enter needle coaxial ipsilateral oblique Scotty dog
 - Sometimes opts for AP if bilateral
- Injectate: 40 mg Depo-Medrol + 2 mL 0.25% bupivacaine (1 mL per level unilateral) or 80 mg Depo-Medrol + 4-5 mLs of 0.25% bupivacaine (1 mL per level bilateral)

Lumbar Radiofrequency Ablation**Medications to order:**

Lidocaine 0.5% (50 mL)

Lidocaine 2% (5 mL)

Procedure:

- AP for SA needle then "Scotty dog" for L4 and L5 (co-axial)
 - Start with caudal tilt; "walk off" anteriorly after contacting bone

Shoulder Injection Intra-articular with Fluoro**Medications to Order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Supine position
- Injectate: 40 mg Depo-Medrol + 4 mL 0.5% lidocaine
- Yes contrast

Sacroiliac Joint Injection**Medications to Order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Dreyfuss (4 sites; 2 needles) + SI intra-articular joint injection
 - Needle 1 targets SA + S2; needle 2 targets S1 + S3 + intra-articular
- Injectate: 40 mg Depo-Medrol + 4 mL 0.25% bupivacaine (1 mL per site)

Suprascapular Nerve Block**Medications to Order:**

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Injectate: 40 mg Depo-Medrol (1 mL) + 3 mL 0.5% lidocaine

Transforaminal Epidural Steroid Injection**Medications to Order:**

Lidocaine 0.5% (50 mL)

Dexamethasone 10 mg
Omnipaque

Procedure:

- Injectate (per level): 10 mg dexamethasone + 1 ml 0.5% lidocaine
- Yes contrast

Trigger Point Injections

Medications to Order:

0.5% lidocaine
+/-40 mg Depo-Medrol

Procedure:

- Injectate: lidocaine 0.5% +/- Depo-Medrol (10-20 mg total)

Lumbar Sympathetic Block

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 80 mg
Bupivacaine 0.25% (10 mL)

Procedure:

- Injectate (per level): 80 mg Depo-Medrol + 7 mL bupivacaine 0.25% + 7 mL 0.5% lidocaine (total 15 mL injectate)
- Yes contrast
 - Inject in lateral view to visualize needle tip anterior to vertebral body

Occipital Nerve Block

Medications to Order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
Depo-Medrol 80 mg

Procedure:

- Injectate (per site): 40 mg depo-medrol + 3 mL 0.5% lidocaine and 3 mL 0.25% bupivacaine to be divided between GON and LON (GON on each side - 2-3 mL and LON 1 mL)

[Dr. Christopher Gilligan]

- Does his own telehealth but prefers help with virtual visits
- For **Hale** - 1st floor Daniel Ponton Teaming Room
- Prefers lidocaine 1% for subcutaneous infiltration
- Label all syringes on tray
- Often takes images of local needle after skin infiltration to establish trajectory

Caudal Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Depo-Medrol 80 mg
Omnipaque 300 mg

Procedure:

- Prone position with lateral fluoroscopy
- 25 gauge spinal or local needle
- Yes contrast
- Injectate: 80 mg methylprednisolone + 2 mL normal saline + 1 mL lidocaine (5 mL total)

Cervical Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Depo-Medrol 80 mg
Omnipaque 300 mg

Procedure:

- LOR to 2 mL air + 2 mL normal saline
- Starts AP then goes lateral (no CLO)
 - Returns to AP for one additional shot after contrast
- Injectate: 80 mg methylprednisolone + 1 mL normal saline (3 mL total)

Cervical Radiofrequency Ablation

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Lidocaine 2% (5 mL)

Greater Trochanteric Bursa Injection with Fluoro

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Depo-Medrol 40 mg
Bupivacaine 0.25% (10 mL)
Omnipaque 300 mg

Procedure:

- Lateral position target hip up
- Take lateral images
- Injectate: 40 mg Depo-Medrol + 1 mL 0.25% bupivacaine + 1 mL 0.5% lidocaine

- Yes contrast

Lumbar Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Depo-Medrol 80 mg
Omnipaque 300 mg

Procedure:

- LOR to 2 mL air + 2 mL normal saline
- Starts AP then goes lateral (no CLO)
 - Returns to AP for one additional shot after contrast
- Injectate = 80 mg methylprednisolone + 1 mL 0.5% or 1% lidocaine (3 mL total)

Lumbar Radiofrequency Ablation

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Lidocaine 2% (5 mL)

Procedure:

- 22-gauge radiofrequency needle

Piriformis Injection (Fluoroscopy)

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Depo-Medrol 40 mg
Omnipaque 300 mg

Procedure:

- 25-gauge 2.5 inch needle
- Injectate: 2 mL of normal saline + 40 mg Depo-Medrol

Transforaminal Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Dexamethasone 10 mg
Omnipaque 300

Procedure:

- Injectate: 10 mg dexamethasone + 1 ml 0.5% lidocaine
- Yes contrast

Trigger Point Injections

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Bupivacaine 0.25% 30 mL

Procedure:

- Injectate: lidocaine 0.5% + bupivacaine 0.25%

- No steroid (only for occipital nerve block)

Sacroiliac Joint Intra-articular Injection

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Depo-Medrol 40 mg
Bupivacaine 0.25% 30 mL

Procedure:

- Injectate: 1 mL 0.5% lido + 1 mL 0.25% bupi + 40 Depo-Medrol (3 mL total)

Shoulder Intra-articular with Fluoro (AC joint)

Medications to Order:

Lidocaine 0.5% (50 mL) or 1% (30 mL)
Depo-Medrol 40 mg
Bupivacaine 0.25% 30 mL

Procedure:

- Supine position
- Injectate: 2 mL 0.5% lido + 2 mL 0.25% bupi + 40 mg Depo

[Dr. Danielle Sarno]

- Provides fellows with print-out of procedures including patient history and relevant imaging findings
- Sometimes prefers personal .DS smartphrases for procedure notes
 - Include .name and .DOB on procedure notes
 - Include pre-procedure and post-procedure diagnosis and pre-procedure and post-procedure pain scores (VAS)
- Prefers you monitor and help the patient out of the room post-procedure

Cervical Medial Branch Blocks

Medications to Order:

Lidocaine 0.5% (50 mL)

Lidocaine 2% (5 mL)

Procedure:

- Injectate: 0.5 mL lidocaine 2% (for diagnostic)
- Prone positioning
 - Needle insertion and target location identical to cervical RFL

Cervical Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Omnipaque

Dexamethasone

Procedure:

- Injectate: Dex 10mg
- Prone positioning
 - No higher than C6-C7

Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg

Omnipaque

Procedure:

- Injectate for **lumbar**: 2 mL 0.5% lidocaine + 2 mL (80 mg) methylprednisolone
- Injectate for **cervical**: 2 mL 0.9% NS + 1 mL (10 mg) dexamethasone
- Prefers continuous LOR technique (half saline and half air) with one hand driving needle and one hand on syringe
 - Careful confirmation with contrast in AP and CLO views
 - Attentive to epidural contrast pattern

Lumbar Medial Branch Block

Procedure

- Injectate (if for diagnostic only): 0.7 mL 0.25% bupivacaine per level

Lumbar Radiofrequency Nerve Ablation

Medications to Order:

Lidocaine 2% (5 mL)
Lidocaine 0.5% (50 mL)

Piriformis Injection

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg
Bupivacaine 0.25% (10 mL)
Omnipaque

Procedure:

- Injectate: 40 mg Depo-medrol + 1 mL 0.25% bupivacaine + 1 mL 0.5% lidocaine
- Confirmation with contrast (fluoroscopy)
- Needle insertion mid-point between posterior SIJ and greater trochanter

Sacroiliac Intra-articular Injection

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol (40 mg)
Bupivacaine 0.25%

Procedure

- Injectate: 1 ml 0.25% bupi + 1 ml (40 mg) Depo + 1 ml 0.5% lido (3 mL total)
- Target inferior pole of sacroiliac joint (single injection)

Transforaminal Epidural Steroid Injection

Medications to Order:

Dexamethasone (10 mg)
Lidocaine 0.5% (50 mL)

Procedure

- Injectate (per level): 10 dexamethasone (1 mL) + 1 ml 0.5% lido
 - Inject dexamethasone first then lidocaine
- Omnipaque for confirmation with tubing and pulsed live
- 22-gauge 3.5 inch for sacral TFESI and 5 inch for lumbar TFESI
 - No preference for bent vs. straight needle

Trigger Point Injections

Medications to Order:

Lidocaine 0.5% (50 mL)

Procedure:

- Injectate: lidocaine 0.5% only

[Dr. David Janfaza]

- **Weekend call:** meet ~ 7:30-8:00 AM (pre-rounding optional)
 - Checks in later in the day to run through pages
 - Stays in hospital until morning notes are completed

Cervical Medial Branch Blocks

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol
Bupivacaine 0.25% (10 mL)

Procedure:

- 25-gauge needle
- Injectate: 13 mg Depo-Medrol + 0.5 mL 0.25% bupivacaine
- Lateral positioning
 - Confirmation in lateral fluoroscopy

Genicular Nerve Block

Medications to Order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
60 mg Depo-Medrol

Procedure:

- Injectate: 4.5 mL 0.25% bupivacaine + 20 mg Depo-Medrol (5 mL) per level

Lumbar Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)
Depo-Medrol mg

Procedure:

- Injectate: 80 mg Depo-medrol + 2 mL 0.5% lidocaine
- Contrast only in patients with insurance that requires
- Contralateral oblique and lateral

Lumbar Medial Branch Blocks

Medications to Order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
Depo-Medrol 60 mg (unilateral)

Procedure:

- Injectate: 20 mg Depo-medrol + 0.5 mL 0.25% bupivacaine per level
- Slightly oblique

Occipital Nerve Block

Medications to Order:

Bupivacaine 0.25% (10 mL)
40 mg Depo-Medrol

Sacroiliac Joint Injection

Medications to Order:

Bupivacaine 0.25% (10 mL)
Lidocaine 0.5% (50 mL)
Depo-Medrol 80 mg

Procedure:

- Injectate: 40 mg Depo-medrol + 1 mL 0.25% bupivacaine
- Intra-articular to inferior pole

Stellate Ganglion Block

Medications to Order:

Bupivacaine 0.25% (10 mL)
Lidocaine 0.5% (50 mL)

Trigger Point Injections

Medications to Order:

Bupivacaine 0.25% (10 mL)
Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg

Procedure:

- Injectate: 9 mL 0.25% bupivacaine + 40 mg Depo-Medrol

[Dr. Alex Kim]

- Prefers personal template .AKINITIAL for initial visits
- Writes his own procedure notes
- For **Hale** - 1st floor Daniel Ponton Teaming Room

Caudal Epidural Steroid Injection

Medications to order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 80 mg
Omnipaque

Procedure:

- Yes contrast
- 22-gauge spinal needle
- Loss-of-resistance to 3 mL contrast syringe
- Injectate: 80 mg Depo-Medrol + 5-6 mL 0.5% lidocaine

Epidural Blood Patch

Medications to order:

Lidocaine 0.5% (50 mL)
Omnipaque

Procedure:

- Sterile IV amLess (apply large Tegaderm over inserted IV including extension port tubing)
- Target L5 and S1 interspace
- Injectate: minimum 20 mL blood (target as much as tolerated by patient)

Greater Trochanteric Bursa Injection

Medications to order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg

Procedure:

- Lateral with affected side up if unilateral
- Injectate: 40 mg Depo-Medrol + 4-5 mL 0.5% lidocaine

Iliopsoas Injection (Fluoroscopy)

Medications to order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg

Procedure:

- Injectate: ***

Lumbar Epidural Steroid Injection

Medications to order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg
Omnipaque

Procedure:

- Loss-of-resistance to 3 mL contrast syringe
- Contralateral oblique imaging
- Injectate: 80 mg Depo-Medrol + 3 ml 0.5% lidocaine

Lumbar Medial Branch Blocks

Medications to order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg (unilateral) 80 mg (bilateral)
Omnipaque

Procedure:

- Injectate: 40 mg Depo-Medrol + 2 ml 0.25% bupivacaine (1 mL per level)

Lumbar Radiofrequency Ablation

Medications to order:

Lidocaine 0.5% (50 mL)
Lidocaine 2% (5 mL)

Procedure:

- AP for SA needle placement then "Scotty dog" for L4 and L5
 - "Walk off" anteriorly

Sacroiliac Joint Injection

Medications to order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 40 mg (per side)
0.25% bupivacaine 30 mL

Procedure:

- Intra-articular injection + sacral ala
- Injectate: Depo-Medrol 40 mg + 4 mL 0.25% bupivacaine
 - 3 mL of injectate intra-articular + 0.5 mL per-articular
 - Add 3.5 mL lidocaine to remaining 1.5 mL injectate and inject 4 mL at sacral ala

Shoulder Injection - Glenohumeral plus Subacromial Bursa

Medications to order:

Lidocaine 0.5% (50 mL)
Depo-Medrol 60 mg
Bupivacaine 0.25% (10 mL)
Omnipaque

Procedure:

- Injectate for GH: Depo-Medrol 40 mg + 3 mL 0.25% bupivacaine
- Injectate for bursa: Depo-Medrol 20 mg + 3.5 mL 0.25% bupivacaine
- For GH: land on humerus at 10-11 o'clock

- Confirm with contrast
- For bursa: land on humerus at 12 o'clock, withdraw ~ 1 cm and advance cephalad
 - Confirm with contrast

Trigger Point Injections

Medications to order:

0.25% bupivacaine 30 mL

Depo-Medrol 40 mg

Procedure:

- Injectate: 9 mL 0.25% bupivacaine + 40 mg Depo-Medrol

[Dr. Stephanie Regenhardt]

- For procedure notes, prefers copy forward of prior notes and embed procedure note

Caudal Epidural Steroid Injection

Medications to order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg (2 mL)

Procedure:

- Lateral image
- 22 G 3.5 inch spinal needle
- Injectate: 2 ml 0.5% lidocaine + 2 mL normal saline + 80 mg Depo-Medrol

Genicular Nerve Block

Medications to order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 80 mg (2 mL)

Lumbar Epidural Steroid Injection

Medications to order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 80 mg (2 mL)

Procedure:

- No preference with LOR style
- Confirmation of depth in CLO
- Injectate: 3-4 mL lidocaine 0.5% + 80 mg Depo-Medrol

Lumbar Medial Branch Block

Medications to order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)

Depo-Medrol 40 mg

Procedure:

- Injectate: 40 mg Depo-Medrol + 2 mL 0.25% bupivacaine (1 mL per level)
- AP + oblique "Scotty Dog" views

Lumbar Radiofrequency Ablation

Medications to order:

Lidocaine 0.5% (50 mL)

Lidocaine 2% (5 mL)

Occipital Nerve Block

Medications to order:

Lidocaine 0.5% (50 mL)

Bupivacaine 0.25% (10 mL)
Depo-Medrol 40 mg

Sacroiliac Joint Injection

Medications to order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
Depo-Medrol 80 mg (2 mL)

Procedure:

- Injectate: 40 mg Depo-Medrol + 1-2 mL 0.25% bupivacaine
- Infra-articular inferior pole

Trigger Point Injections

Medications to order:

Lidocaine 0.5%

Procedure:

- Injectate: 10 mL lidocaine (1 mL per site)

Trochanteric Bursa Injection

Medications to order:

Lidocaine 0.5% (50 mL)
Bupivacaine 0.25% (10 mL)
Depo-Medrol 40 mg (1 mL)

Procedure:

- Supine
- Injectate: 40 mg Depo-Medrol + 2-3 mL 0.25% bupivacaine

[Dr. Arti Ori]

- For procedure notes, prefers copy forward of prior notes and embed procedure note
- Order 1% instead of 0.5% for her procedures
- As today, 09/25/2024, the list of her preferences on meds for procedures is updated up to TFESIs. TPI and lower in the list not yet.

Lumbar Medial Branch Blocks

Medications to Order:

1% lidocaine (50 mL)
0.25% bupivacaine (10 mL)
Depo-Medrol 40 mg/mL (unilateral) vs. 80mg/mL (bilateral)

Procedure:

- 22 gauge 3.5 inch spinal needle (bent tip)
- Injectate: 1 mL at each level of mixture 2mL 0.25% bupivacaine + 1mL depo-medrol
- AP-only

Cervical Epidural Steroid Injection

Medications to Order:

Lidocaine 1% (50 mL)
Decadron 10mg/mL vial
Omnipaque 180

Procedure:

- Contralateral oblique view
- Loss of resistance with omnipaque in 3 cc syringe

Lumbar Epidural Steroid Injection

Medications to Order:

Lidocaine 1% (50 mL)
Depo-Medrol 40 mg/mL (80mg total)
Omnipaque 180

Procedure:

- 20g tuohy needle
- Advance in contralateral oblique view with loss of resistance to omnipaque in 3 cc syringe [or air, up to you]
- Inject mixture of 3ml 1% lidocaine, 2ml 40mg/mL depo-medrol

Lumbar Radiofrequency Ablation:

Medications to Order:

Lidocaine 1% (50 mL)
Lidocaine 2% (5 mL)

Procedure:

- 18g radiofrequency needle
- Complete sensory and motor testing
- Inject each level with 1ml 2% lidocaine prior to RFA

Lumbar Transforaminal Epidural Steroid Injection**Medications to Order:**

Lidocaine 1% (50 mL)

Dexamethasone 10 mg (occasionally 20 mg for 2 level)

Procedure:

- Pointer initially in AP at lateral inferior edge of transverse process
- Transition from AP to oblique with pointer in place
- Bent 22-gauge 3.5/5 inch spinal needle
- Injectate: 5-10 mg dexamethasone + 1-1.5 mL 0.5% lidocaine per level

Trigger Point Injections**Medications to Order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (1 mL vial) (occasionally)

Procedure:

- Ask if lidocaine-only (usually first TPIs) or lidocaine + steroid
- Injectate: 1 mL Depo-Medrol 40 mg/mL + Lidocaine 0.5% (50 mL)

Sacroiliac Joint Injection**Medications to Order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Bupivacaine 0.25% (10 mL)

Procedure:

- Medial to lateral approach (intra-articular)
- #22-gauge 3-½ inch spinal needles (inferior pole)
 - 40 mg Depo-Medrol and 3 mL 0.25% bupivacaine into each joint

Cervical Medial Branch Block**Medications to order:**

Lidocaine 0.5% (50 mL)

Dexamethasone 10 mg/mL

Bupivacaine 0.25% (10 mL)

Procedure:

- Patient lateral
- Injectate (for 3 levels): 1ml of a 3ml mix of 10 mg dexamethasone + 2 mL 0.25% bupivacaine
- 3.5 inch 22-gauge spinal needle with bent tip (only 1 needle and re-direct)

Caudal Epidural Steroid Injection

Medications to Order:

Lidocaine 0.5% (50 mL)

Omnipaque 180

Depo-Medrol 40 mg/mL

Procedure:

- #22 gauge spinal needle
 - Inserts midline
 - Confirmation with contrast in lateral + AP views
- Inject 80 mg methylprednisolone with 6 mL 0.5% lidocaine

Baclofen Single Shot (with Fluoroscopy)

Medications to Order:

Baclofen 50 to 75 mcg/ml

Confirm dose with attending

Procedure:

- Spinal kit with 25 G Whitacre

Genicular Nerve Block:

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Bupivacaine 0.25% (10 mL)

Procedure:

- Injectate: 40 mg Depo-Medrol + 8 mL 0.25% bupi; 3 ml at each of the 3 levels (per knee)

Knee Intra-Articular Steroid

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL (5 mL vial)

Bupivacaine 0.25% (10 mL)

Procedure:

- #22 spinal needle
- Injectate: 6 mL 0.25% bupivacaine + 80 mg Depo-Medrol
- Fluoroscopy with 3.5 inch spinal needle

Shoulder Injection with Fluoroscopy

Medications to Order:

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL

Bupivacaine 0.25% (10 mL)

Procedure (Glenohumeral):

- Lateral to medial approach
- #22-gauge 3-½ inch spinal needle
- Injectate: 40 mg Depo-medrol + 5 mL 0.25% bupivacaine

Procedure (Acromioclavicular):

- #25-gauge 1-½ inch local needle
- Injectate: 40 mg Depo-medrol + 1 mL 0.25% bupivacaine

Sphenopalatine Ganglion Block**Medications to Order:**

Bupivacaine 0.5%

Procedure:

- Cotton swab

TAP Block (Ultrasound)**Medications to Order:**

Lidocaine 0.5% (50 mL)

Depo-Medrol 40 mg/mL

Bupivacaine 0.25% (10 mL)

Procedure:

- Injectate: 9 mL 0.25% bupivacaine + 40 mg Depo-Medrol (per side)
- Needle insertion (Pajunk) from medial to lateral

Suprascapular Nerve Block**Medications to Order:**

Depo-Medrol 40 mg/1mL vial

Bupivacaine 0.25% (10 mL)

Lidocaine 0.5%

Procedure:

- 25g 3.5 inch spinal needle
- Ipsilateral oblique view with cephalad tilt to target suprascapular notch; confirm depth with lateral view
- Inject mixture of 1cc depo-medrol with 3cc bupivacaine