**RISK/BENEFIT MACRO FOR INJECTIONS**  **Dr. Bhandarkar**

Based on our discussion, it is recommended that the injections be proceeded with. The patient was informed of this recommendation and expressed understanding and agreement with the plan. During their office visit, the patient was provided with procedure videos to review.

The patient was informed of the procedure steps, risks, possible alternatives, and complications. After reviewing the consent form, the patient provided written consent to proceed.

We discussed the expected outcomes of the injections and the diagnostic information they would provide. Further injections or other procedures may be considered depending on the patient's response. The patient's concomitant comorbidities were also reviewed.

The patient needs to continue their recommended medication and complementary care, such as physical therapy, heat, cold, and a TENS unit. If any worsening symptoms occur, the patient was instructed to contact the office immediately and seek medical attention for red flag symptoms like bladder bowel problems, new-onset weakness, and severe pain.

The patient is scheduled for \*\*\*. The patient will be seen in the office one week following the injections. If the patient has any questions or concerns, they are advised to contact the clinic.

Although transforaminal injections and sacroiliac joint injections are very safe procedures and the steroid related side effects and complications are rare; however, these injection procedures also have adverse effects and they are quite possible. The most common complication includes: 1) Any needle that goes inside the body carries risk of infection. 2) Clot formation at the needle penetrative site, especially common in patients who take blood thinners. 3) It carries the risk of cerebrospinal fluid leak because we are working around the Dural Sac. 4) It also carries the risk of nerve damage because we work around the nerves and nerve roots. 5) It also carries the risk of complete or partial paralysis or transient numbness or weakness. 6) There may also be a chance of allergic reaction to the contrast material injected, which may range over the spectrum from itchiness to life-threatening complications. 7) It may rarely cause nerve dysfunction and even death.

The steroid injected is usually dexamethasone or methylprednisolone. The dexamethasone usually causes problems related to steroid use, which includes but is not limited to hyperglycemia, increased blood pressure, increased anxiety, increased heartburn, and very rarely the particulate steroids go intravascular and may cause stroke, which has been documented. There is also a very rare chance of arachnoiditis if it is injected near the nerve root, which is patient dependent. The patient was told that if he experiences any concerning symptoms after the injection, they should immediately try to reach us or should go to the emergency room for further evaluation.

Based on our discussion, it is recommended to proceed with the injections. The patient was informed of this recommendation and the patient expressed understanding and agreement with the plan. During their office visit, the patient was provided with procedure videos to review.

The patient was informed of the procedure steps, risks, possible alternatives, and potential complications. After reviewing the consent form, the patient provided informed written consent to proceed.

Joint musculoskeletal/ spinal injections may risk the adjoining structures.  Complications due to steroids and complications related to local anesthetics were also discussed with the patient. \*\*\* We may have to use conscious sedation on the patient, considering the patient's anxiety and low pain tolerance.

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The patient needs to continue their recommended medication and complementary care, such as physical therapy, heat, cold, and a TENS unit. If any worsening symptoms occur, the patient was instructed to contact the office immediately and seek medical attention for red flag symptoms like bladder bowel problems, new-onset weakness, and severe pain.

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