

You don't have to live with the pain.

Chronic neck or back pain is not something you have to learn to live with anymore.

Minimally invasive pain management techniques that can help you return to your everyday activities quickly – without heavy reliance on medications – are available from the board-certified, fellowship-trained pain management specialists at Orlin & Cohen, Long Island's premier orthopedic practice.

To request an appointment, call the location nearest you or visit orlincohen.com.



State-of-the-art pain management is available throughout the Orlin & Cohen network for your convenience.

Garden City, Lynbrook
Merrick, Woodbury
and Rockville Centre

516-536-2800

Bohemia

631-289-0338

Smithtown

516-536-2800

Kew Gardens

718-970-6600

Immediate appointments available.

To request an appointment,
call the location nearest you or visit:
orlincohen.com

Most insurance accepted.



An affiliate of Northwell Health

State-of-the-Art Pain Management Treatment



Our team of pain management specialists is here to relieve your pain so you can live your life.



D. Yadegar, M.D.
Medical Director



C. Daves, M.D.



B. Goldstein, D.O.



M. Palmieri, D.O.



R. Shah, M.D.

State-of-the-art pain management, in-house for your convenience.

In one of our accredited state-of-the-art digital fluoroscopy suites, your Orlin & Cohen pain management specialist will precisely deliver potent medications to help relieve your pain using such sophisticated interventional techniques as:

- Epidural steroid injections (cervical, thoracic, lumbar and caudal)
- Facet injections and medial branch blocks (cervical, thoracic and lumbar)
- Provocative discography
- Sacroiliac, hip, knee and other joint and bursa injections
- Botox and myobloc injections for pain
- Radiofrequency denervation
- Sympathetic blocks (stellate and lumbar)
- Peripheral nerve blocks
- Epidural lysis of adhesions
- Spinal cord stimulations
- Percutaneous disc decompression

By combining these techniques with physical rehabilitation, occupational therapy and lifestyle changes, we tailor your treatment to help you manage your pain – and stop your pain from managing you.

Superior, compassionate care: What you can expect.

At Orlin & Cohen, we do all we can to make your pain management treatment comfortable and successful. Here's what you can expect from us – and what you need to do – to make that possible.

✓ Before You Arrive

- We'll call the day before to confirm your appointment and answer any questions. Please be sure to let us know of any special needs.
- If you are receiving anesthesia, DO NOT EAT OR DRINK any solid food (including gum or candy) or liquid for eight hours prior to your scheduled arrival time. Food in the stomach can cause serious complications and your injection could be cancelled or postponed.
- If you are taking blood thinning medication, please refer to the medication list provided at the time of scheduling to determine if it should be discontinued. Make sure to talk to your prescribing doctor before doing so.
- Call us if you develop a cold, fever or respiratory problem before injection.
- If there's any possibility that you're pregnant, please notify your specialist.
- For your safety, you must have someone drive you home after the procedure. They're welcome to stay in the waiting room, or we'll contact them when you are ready to be picked up.

✓ Day of Injection

- Bathe or shower the morning of your procedure and remove all makeup and nail polish.
- Wear loose, comfortable clothing and low-heeled shoes.
- Arrive 45 minutes before your scheduled time for all necessary admission procedures.
- Leave valuables (including your wallet and jewelry) at home.
- Bring your insurance cards, a photo ID, referral and your co-pay.
- One person may accompany you.
- Do not smoke immediately before or after receiving an anesthetic. Smoking may interfere with the anesthetic and frequently produces nausea during recovery.



✓ Injection Procedure

- Our pain management specialists work with a board-certified anesthesiologist who administers IV sedation to relieve any anxiety or discomfort sometimes associated with an injection.
- Unlike general anesthesia, you will not be asleep for this procedure.
- The anesthesiologist also monitors your vital signs during your procedure and through discharge to ensure your safe return to your everyday activities.

✓ Recovery Period

After your injection, you will be moved to our fully equipped recovery room and monitored until you are ready to go home. Although the time varies, most patients are discharged 30 minutes after their injection.

✓ At-Home After injection

- Your specialist will provide post-procedure instructions regarding diet, rest and medications.
- Do not drink alcohol for 24 hours.
- Have someone stay with you for 12 to 24 hours.
- Call your specialist if you have any difficulty.

Don't live in pain another minute:

Call the pain management location nearest you or visit orlicohen.com today.