

Houston Travel Book

1) Houston is an enormous city with all of the physicians and hospitals pertinent to pudendal neuropathy located in the south western section of the city. Locating appropriate accommodations might be daunting, however, if you utilize the zip codes of the various offices and hospitals, you can readily position yourself at a lodging that is situated most conveniently. The actual hospital where the surgeries are performed is:

Memorial Hermann Southwest Hospital

7600 Beechnut

Houston, TX. 77074

So, just plug the 77074 zip code into a hotel search and you'll come up with a multitude of choices from which to select; any of these will be conveniently located. Other zip codes that work equally well are: 77478 & 77024

2) The airport in Houston is located far to the north of the city and it's, decidedly, somewhat of a long distance to drive oneself, especially if in great pain. It would probably be better to have someone along to do the driving or utilize the services of a taxi (the taxi drivers in Houston are friendly, helpful, and downright sweet!).

3) One commences the Houston protocol with a contact to Dr. Renney (orthopaedist) by way of secure messaging on his website: <http://www.hosma.com/renney/>

Then, if he deems it appropriate in your case, his offices will arrange for all of your other appointments to include; the PNMLT with Dr. Popeney, the CT guided block at Hermann Memorial City Hospital, the consult with Dr. Renney, as well as, the consult with Dr. Ansell (neurosurgeon). Do remember to bring ALL X-rays, CT-Scans, MRIs, and the like to your appointment with Dr. Ansell. All appointment dates, times, and locations will be forwarded to you via e mail, fax, or snail mail, as you prefer. If you opt to do so, you may actually stay over for the weekend and proceed with the surgery on the following Monday morning or you can return at a later date, which ever is more convenient for you.

4) Dr. Renney is a very pleasant, but extremely busy fellow who likes to "take care of business" promptly and move on. So, if you've questions for him, have them at the ready (written up in list form) prior to your appointment with him.

5) The CT-guided block (utilizing a short acting local anesthetic) may be administered by anyone of three radiologists that are on staff at the Hermann Memorial City Hospital, requires some waiting before hand, the procedure itself lasts 20-30 minutes, and you can anticipate numbness lasting anywhere from zero to 60 minutes.

6) The PNMLT administered by Dr. Popeney can be an unpleasant experience, so, ask your physician if you might have a prescription for a benzodiazepine (i.e. Valium) to take one hour prior

to the procedure. This will allow you to raise your pain threshold and experience the PNMLT as only uncomfortable, rather than painful. Do remember to have someone else drive you to and from this procedure, as these types of drugs render one less than proficient at driving!!!

7) Dr. Ansell is an extremely pleasant and comforting personality with which to interact. He will take more than sufficient time with you to answer all of your questions and put your mind to rest regarding any and all concerns. Just remember to bring all of your diagnostic work-ups with you. The more information he has at his disposal, the better.

If you opt to stay over, you might want to consider spending some time visiting Austin (an entirely beautiful city), or checking out the Bayou Bend Collection & Gardens located in Houston (#1 Westcott Street, 713-639 7750, <http://www.mfah.org>), or The Houstonian Hotel, Club & Spa for a massage, facial, pedicure, etc. (111 North Post Oak Lane, 713-680--2626 <http://www.houstonian.com>). There is much to do in Houston and lots of very good food!

9) You'll be asked to report, to the hospital, for blood testing, urine testing, and a possible ECG/EKG on the Thursday morning prior to your surgery. After that you're free to spend your time as you please until Monday morning.

10) Monday mornings are when all PNE surgeries are scheduled. Recently, the Houston team has incorporated an additional means of monitoring the patients' progress throughout the surgical procedure and this necessitates that you be "wired up" from head to toe. Not to worry, this isn't uncomfortable and the part that is, when they hook up your genitals, is reserved for after you're unconscious (bless their hearts!!!). It greatly increases the information about the status of your electro-conductivity, and allows the doctors to determine if they've located all areas of pathology, or if they need to continue with further exploration.

11) Most patients spend only 24 hours in the hospital and are then released to return to their hotels. You'll want to remain in bed for the most part, resting on your ice pad and recovering from your surgical experience. Sleep, watch t.v., read, and before you know it, it's Thursday and time to touch base with Dr. Ansell. He'll examine your incision, change the dressing if necessary, and, in all likelihood, send you on your way home.

12) The airport can be a little exhausting for some, at this stage of their recovery, and it's preferable to be traveling with someone who can manage all of the baggage and carry-ons. Your ice machine can be situated at your feet, on the plane, so that you can remain seated, comfortably, on it throughout the flight. It will render the experience of sitting far more comfortable.

13) Once home, you should follow! the doctor's instructions and get plenty of rest, eat sensibly, DO NOT LIFT ANYTHING OVER 15 LBS., and give your body time to heal. My personal recommendation is to get off of narcotics as soon as possible, as they constipate and this, in turn, can irritate the pudendal nerve, setting up a vicious cycle! Both Drs. Renney & Ansell can advise you as to some excellent alternatives to narcotics.

14) This seems to be the hardest one; be patient with yourself and your circumstances. This situation did not arise in one day and it's probably taken you some time to get it properly diagnosed and treated, so expect that it will take some time for the post-operative condition to improve to a marked degree. BE PATIENT.....

If there are any other areas of interest or topics that anyone feels should be added to this post, please contact me and share them. I'd be more than happy to amend!

Good Health to ALL!!!! Karen Wiesner