

Office Hours 6:30 AM to 4:30 PM Weekdays
Phone: 651-351-2641
TCOmn.com

Lumbar Sympathetic Block Discharge Instructions

Follow up:

_____ Please schedule a follow-up appointment with your Surgeon's office in _____ weeks.

Adam Michalik, DO 952-456-7777 Daytime Hours

_____ A follow up appointment is not required at this time. Please contact your Surgeon's office at the number above if you experience complications at home after this procedure.

Adam Michalik, DO 651-439-8807 Evening/Weekend Hours

WHY GET A SYMPATHETIC NERVE BLOCK INJECTION?

Lumbar sympathetic injections are done targeting the sympathetic nerves in the back to relieve pain or stiffness in the lower extremity, or for both reasons. These nerves carry pain signals from the small sympathetic nerves in your lower extremities. Typically, these injections are done for the diagnosis of Complex Regional Pain Syndrome, or to help in making this diagnosis. A series is often done to achieve the best results. You may not feel relief after the first injection, but the goal is 50% to 80% improvement in pain and symptoms after a series.

Your health care provider decides where to do the injections. This decision is based in part on your report of your pain. X-rays are used to guide the injections.

WHAT DO YOU NEED TO KNOW AFTER THE PROCEDURE?

Every person responds in a different way to this procedure. You may have the following conditions, which may begin within an hour of the injection and last up to four hours. If these conditions persist longer than 4 hours, contact your health care team.

- Numbness, tingling or weakness in your legs or both.
- Difficulty urinating or leaking urine.
- Dizziness or light-headedness caused by a drop in blood pressure.

YOUR RISK FOR FALLING IS HIGH

In addition to your usual pain and symptoms in your lower extremities, the medications injected today may make you unsteady on your feet. It can be easy to fall and hurt yourself when your legs feel numb, weak or unsteady. You may feel this way for a few hours after the injections. A fall could cause you to break a bone or cause serious injury to your back. Do what you can to avoid falling.

- After the injection, do not try to change your clothes without the help of a nurse.
- Be careful when you step on and off curbs, climb stairs and walk. Have someone help you until you feel better able to do these actions alone.
- Have someone remove any clutter and rugs from your floors, especially in the walkways.
- Wear shoes with low heels until you can walk steady again.

DISCOMFORT OR PAIN

After the local anesthetic wears off, your usual pain may return. Typically, these injections are done in a series for best results, and in conjunction with physical therapy, to help improve range of motion.

You may have pain after the injection in your hip, trouble lifting your leg, or feel a sense of warmth at the site of your typical pain. These are all normal side effects and typically subside within 24 hours of injection.

FOR THE FIRST 24 HOURS

- You may have a mild headache.
- The injected area may be numb, and the site may be sore.
- Use covered ice packs to help with any discomfort or pain you feel. Do not leave an ice pack on for more than 20 minutes at a time.
- Do not put heat on the injected area. Heat may make you feel worse and may reduce the relief you could get from the

FOR THE FIRST 3 TO 7 DAYS

- It is possible for the pain to feel worse before it begins to feel better.
- You may get a bruise at the injection site.

ACTIVITY

For the Rest of the Day

- Do not drive.
- Try to do some physical therapy to help loosen the nerves and muscles causing your pain.
- Do not provide care for anyone who depends on your help.

For the First 48 hours

- You may shower. But do not soak the injection site in water for a long time. Do not swim, take a bath or use hot tubs.

COMMON SIDE EFFECTS

- You may feel warmth in the lower limbs.
- You may feel sore in the back or in the hip muscles.

If you have diabetes, your blood glucose may rise for a few days after your injection. Typically, no steroid medication is utilized in these injections, and therefore it is not typically significantly elevated.

Check your blood glucose more often to make sure it does not stay high. If your blood glucose does not return to your usual range after a few days, tell your primary health care provider. If you have questions about your blood glucose, call the health care provider who manages your diabetes.

ILLNESS NOT RELATED TO INJECTION

If you become ill, have an injury or need surgery after your injections, tell your health care provider you had an injection.

WHEN SHOULD YOU GET MEDICAL CARE?

Problems related to injections do not happen very often.

Call your health care provider if you have:

- Dizziness.
- A lot more back pain.
- Increased pain that goes down your leg or arm.
- Headache.

SIGNS OF AN INFECTION

- A temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or higher
- An injection site that becomes red, swollen, tender, or warm
- Fluid that drains from the injection site
- An odor from the injection site