



Connecticut Pain Solutions

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DISCHARGE INSTRUCTIONS LUMBAR SYMPATHETIC NERVE BLOCK

The Lumbar Sympathetic Nerve Block is performed when there is inflammation, irritation or injury to the sympathetic nerve. This usually presents with pain in the lower extremity. By injecting a local anesthetic, the inflammation, irritation or injury should decrease thereby reducing the patient's pain. The injection is performed using x-ray guidance. This injection is used for therapeutic and diagnostic purposes.

Plan to spend a quiet day and evening after the procedure. **DO NOT** try to do things you were unable to do before the procedure.

You may experience an increase in pain or pressure for 1-2 days after the injection. You should notice a decrease in your pain in approximately 3-5 days. However, some people do not experience pain relief for 10-14 days.

You should be using a heating pad or ice pack for any increased discomfort. You may alternate between heat and ice. Be sure to leave the heating pad or ice pack on for 15 minutes each time, waiting an additional 15 minutes before using it again. **DO NOT SLEEP WITH THE HOT OR ICE PACKS.**

If you have any problems or questions, please call our office at (203) 626-9080. The office hours are Monday through Friday from 9:00 am to 5:00 pm.

In the event of an after-hours emergency related to your procedure, please call (203) 626-9080 and follow the instructions for contacting the on-call physician. Only emergency phone calls will be returned after-hours. Under no circumstances will prescriptions be refilled or changed.