

## Lumbar Sympathetic Nerve Block Discharge Instructions

1. You have received a Lumbar Sympathetic Nerve Block. You should not drive for 6 hours after your injection.
2. On the treated side after the injection you may start to feel warmth and notice decreased pain in the lower extremity. Uncommonly, you may have decreased muscle strength on the side of the injections from the regional anesthetic.
3. You may experience pain or soreness at the site of the injection. You may apply ice packs to the injection site for no longer than 20 minutes at a time. You may remove the bandage over the injection site after approximately 12 hours. You may shower when the bandage is removed. No submerging in water (bath tub, swimming, etc.) for 24 hours after procedure.
4. These blocks are intended to improve function and increase the use of your foot/leg. Please continue using your foot/leg as you were taught by Physical Therapy.
5. You may resume taking any medications you stopped prior to the procedure. You may continue to take your pain medications as prescribed. Please allow up to 10 days for the steroid to start working. Most patients state they start to feel a benefit after 2-4 days.
6. You may continue with your regular diet.
7. You may resume your exercise program but avoid strenuous activity for a few days. It is actually important to keep your body moving.
8. All Prescription pain medications should be obtained from your Primary Care Physician.
9. Please call if you develop any of the following problems: **soreness, redness or heat where the injection was done, a severe headache, fever, new numbness or weakness in your hands or legs, change in level of consciousness or inability to control bladder or bowels.**
  - a. WEEKDAYS 8AM-4PM : Pain Interventional Center 415-833-0095
  - b. AFTER HOURS & WEEKENDS: Kaiser Operator 415-833-2000 and ask to speak to an advise nurse who will page your Pain doctor if needed. Please inform them of your pain doctor Mckendry / Cherry / Dasti
  - c. If you have a symptom in bold above and are unable to reach someone, please go to the nearest Kaiser Emergency Room.

**Your Next Appointment is:** \_\_\_\_\_

If your pain has improved significantly since seeing your physician you may cancel your repeat injection.

Please call us at least 2 days in advance to cancel at **415-833-0095**

If you need to rebook your appointment and get our voice mail, please leave a detailed message with your name, medical record number, times that are best for you or times that won't work for you.

**Dr. McKendry – Monday – Friday: 8AM-3PM**

**Dr. Cherry – Tues, Wed & every other Friday: 8:40AM-3PM**

**Dr. Dasti – Thursday: 8AM-3PM**