

Care After Cervical/Thoracic/Lumbar Sympathetic Nerve Block

You have had a lumbar sympathetic nerve block to help treat your pain.

You may be sore at the injection site for the next 2-4 days. For the first 24 hours, you may apply ice to the site for 20 minutes on and 20 minutes off to decrease pain. After 24 hours, you may use heat if needed.

For a few hours, you may notice a change in the **feeling, color, or temperature** of your arm/leg including hand/foot on the side of the injection. Record this information on your pain log.

Limit your activities for the first 24 hours.

Do not soak the injection site for 24 hours.

Do not sit in hot tubs, bath, or pools.

Taking a shower is okay.

You may start your normal medicines after the injection. Take pain medicine as prescribed.

You will be given a form called a pain log to complete for the next 14 days. Complete the log and mail it back to us. This information helps us decide the next step in your treatment plan.

Watch for signs of infection

- Fever greater than 100.4° F by mouth for 2 readings taken 4 hours apart
- Increased redness, swelling around the site
- Any drainage from the site

When to Call

The day of the procedure, for any problems or concerns call Madison Surgery Center.

For new symptoms or signs of infection

call your doctor listed on the After-Visit Summary.

To discuss the next steps in your plan of care, contact the provider that **ordered** your procedure.

Who to Call

Madison Surgery Center (6AM-5PM)
608-287-2200.

After hours **if it is** an emergency please visit your closest emergency room.

If it is **not** an emergency, please contact the ordering provider's clinic or the provider's clinic that performed the procedure. Tell the receptionist you had a procedure that day and need to see your doctor.