

Care After Cervical/Thoracic/Lumbar Sympathetic Nerve Block

You have had a sympathetic nerve block to help treat your pain. This handout will explain your home care instructions.

Pain Control

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.

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

Pain Log

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.

Activity

- 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.

Medicines

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

When to Call

Call your doctor listed on the After-Visit Summary for signs of infection. These include:

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

If you are having a medical emergency, call 911 or go to the nearest emergency room.

Who to Call

For any problems or concerns on the day of procedure, you can contact the provider who ordered the block, or the Madison Surgery Center.

Madison Surgery Center
Monday-Friday, 6 am-5 pm
(608) 287-2200

Follow Up

Contact the doctor who **ordered** your block to discuss the next steps in your plan of care.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 10/2024. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5651