Home Care after Lumbar Sympathetic Nerve Block

The doctor has done a lumbar sympathetic nerve block to help with treating your pain.

You may feel sore at the injection site for the next 2-4 days. You may have pain in your groin on the same side as the block. You may apply ice to the site for 20 minutes on and 20 minutes off to decrease pain and discomfort, if needed, for the first 24 hours. 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 leg or foot on the side that was injected. You may keep a record of these changes for your doctor.

If you stand and walk, you can do so within the limits of your pain.

Do not soak the injection site or soak in a tub for 24 hours. Taking a shower is okay.

You may start your normal medicines after the block. You may take pain medicine as prescribed.

If you are seeing a physical therapist, keep doing this after the block. You will be given a form called a pain log to complete for the next 14 days. Complete the log and make a copy for your own records then mail the log to us. This helps us plan your future treatments.

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 and Who to Call
The day of your procedure, for any problems or concerns call Madison Surgery Center (6AM-5PM) 608-287-2200. After hours use numbers below. Tell the receptionist you had a block done that day and need to speak with your doctor, include the reason for the call.

For new symptoms or signs of infection
call your doctor at 608-263-9550
Dr. Abd-Elsayed (Dr. Al)
Dr. Peggy Kim
Dr. Adam Weinstein

After hours and weekends call
608-262-0486 or toll free 1-800-323-8942
Ask for your doctor to be paged.

Call your doctor at 608-263-9550
Dr. Nalini Sehgal
Dr. Michelle Poliak-Tunis

After hours and weekends call:
608-262-0486 or toll free 1-800-323-8942
Ask for the rehabilitation doctor on call.

To discuss the next steps in your plan of care, contact the provider that ordered your block.
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 © 4/2018. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5651