Home Care after Thoracic/Lumbar Sympathetic Nerve Block

The doctor has done a lumbar sympathetic nerve block to help diagnose your leg or foot pain. This may also help to treat your pain. Learning more about the cause of your pain can help your doctor decide on the best treatment for you.

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 number of hours, you may have some changes in the feeling, color, or temperature of your leg or foot on the side of the body where the treatment was done. Remember to keep a record of any of these changes for your doctor. You may keep this information on your pain log.

Limit your activities for the first 24 hours to those that you can do without pain. No baths or soaking of the site for 24 hours. Taking a shower is okay.

You may resume taking your routine medicines after the procedure, including pain medicines as prescribed.

Your doctor may ask you to go to physical therapy. A referral will be sent if needed.

If you have any questions or need to make a follow-up appointment to discuss your results, please contact your referring physician within 2-4 weeks after the injection. Your doctor will have the report within 7-10 days.

You will be given a pain log to complete for the next 14 days. Complete this form and make a copy for your own records. Then, mail it back to us in the pre-paid envelope we gave you. We will need this information to decide the next step in your treatment plan.

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

If you have any new symptoms or signs of infection, please call
Dr Sehgal – (608) 263-9550  Dr Leonard – (608) 265-3207  Dr Poliack-Tunis – (608) 263-9550
Dr Simhan – (608) 263-9550  Dr Holz – (608) 265-3207  Dr Abd-Elsayed – (608) 263-9550

After hours, nights and weekends, call (608)-262-0486 or if you live out of the area, call 1-800-323-8942 - ask for the rehabilitation doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

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 © 12/2014. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#5651