



34020 WEST 7 MILE ROAD, SUITE 101, LIVONIA, MICHIGAN 48152

T) 248-516-5016, F) 248-517-5017

TODAY'S PROCEDURE: Lumbar Sympathetic Ganglion Block

1. If you received IV sedation with the procedure, your reasoning, coordination, and reflexes are decreased.

Therefore:

A. You must not operate a vehicle or use machinery/appliances for twenty-four (24) hours.

B. Avoid making critical decisions for twenty-four (24) hours.

C. No alcoholic beverages for twenty-four (24) hours.

2. Return to your usual diet.

3. Resume all preoperative medications. EXCEPT DO NOT RESTART NSAIDS for 24 hours

4. Keep dressing dry and intact for 24 hours.

5. Do not shower for 24 hours, do not bathe or swim for 48 hours.

6. Contact your physician if you notice bleeding or drainage from the puncture site, unusual redness or swelling around the site, new persistent pain, fever above 100 degrees F.

SPECIAL INSTRUCTIONS:

- You have received a Lumbar Sympathetic Nerve Block. You should not drive for 12 hours after your injection.
- 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.
- 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.
- Today's injection will help your us confirm the diagnosis of sympathetically maintained pain and design an appropriate treatment plan.
- Sympathetic 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. These blocks are most useful when coupled with ongoing physical therapy.



Enhance Center

Interventional Spine & Sports

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Patient Instructions: Post Procedure Fall Precautions

After Your Procedure

- Have someone check on you for the next 12 hours.
- Always have a way to call for help. If you have a cell phone or portable phone, keep it with you at all times for the next 12 hours.
- Keep a phone next to your bedside or area where you rest post-procedure.
- Keep a list of emergency numbers near the phone.

To Get Up from Bed

- Clear bed sheets from your feet.
- Move to the edge of the bed and roll onto your side. Push yourself up with your hand.
- At the same time, swing your legs over the side of the bed.
- Sit on the edge of the bed for at least 30 seconds before standing up.
- With both feet firmly on the floor, put your hands beside you on the bed and slowly push yourself up.

Get Help to Move Around

- Take your time getting up at home and if needed, ask someone to help you.
- Sit up slowly and with help.

Keep Things Within Reach

- Keep the things you use often within easy reach, like tissues, remote control, snacks and drinks.

What to Do If You Fall

- Above all try to stay calm
- If you start to fall, try to relax your body. This will reduce the impact of the fall.
- Call family member for assistance.
- Don't rush to get up. First, make sure you're not hurt.
- Be sure to get checked by your healthcare provider for any injuries.

Using Curbs and Stairs

- Curbs, steps, or uneven pavement can trip you. Take care when near them.
- Check the height of a curb before stepping up or down. Be careful with uneven and cut-out sections of curbs.
- Don't rush when crossing the street. Watch for changes in pavement height.
- On stairs, grasp the handrail and take one step at a time. If you ever feel dizzy on stairs, sit down until you feel better.



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PAIN DIARY

Dear Patient,

In effort to better assess your pain after you go home, please use this **"Diary"** to record your pain score. This is the best way for your doctor to evaluate how effective your pain management was. **Please BRING this diary with you to your next appointment.**

DATE	TIME	RATE YOUR PAIN ON A SCALE OF 0-10
Before Procedure		
After Procedure		
2 Hours After Procedure		
4 Hours After Procedure		
6 Hours After Procedure		
8 Hours After Procedure		
Next Day After Procedure		
Second Day After Procedure		
Third Day After Procedure		
Fourth Day After Procedure		
Fifth Day After Procedure		