



# EVOLVE

RESTORATIVE CENTER

## **Stellate Ganglion / Sympathetic Block / Lumbar Sympathetic Block/ Visceral Nerve Block**

### **General Information**

Your health care provider has determined that a sympathetic injection would be helpful in treating your neuropathic pain. The sympathetic nerve ganglions and plexi are throughout your body and regulate the fight or flight system. During injury and painful areas, these nerves can abnormally transmit or reinforce pain. Placing medication in this area can help treat your pain, depending on the area of the body injected. These injections are commonly performed to treat Complex Regional Pain Syndrome (CRPS).

### **Procedure Information: What to Expect**

Prior to the injection appointment, there may be some medications that need to be stopped and your health care provider will discuss these with you. They could include blood-thinning medications like anti-inflammatory medications (aspirin, Xarelto, Coumadin, and Plavix).

The procedure is performed in a surgery center. After arrival and check in, you are brought to the pre-operative area where you will be placed in a gown. An IV may be placed in your arm at that time. Then, you will be escorted to the procedure room. You will lay on your back for the stellate ganglion block or on your stomach (facing down) for the lumbar sympathetic block, with your neck or back exposed, respectively. An X-ray/fluoroscope is used to see the bones to guide needle placement. After a cold, cleaning solution is placed on our skin, it is important not to touch the area once it is cleaned. You will then feel a pinch and a burn (much like a bee sting), which is the local anesthetic (numbing medicine). After that, you will feel a pressure and a poke. Once the sympathetic nerve ganglion is accessed, contrast dye is commonly used to ensure proper needle placement. Then, the medication is injected, which can include steroid, normal saline, and/or local anesthetic. Once the needle is removed, a Band-Aid is applied to the injection site. You are then escorted to the post-operative area and then discharged to home.

## **Post-Procedure Instructions**

Typical things to expect may include:

- Numbness or tingling or transient weakness in the area of pain
- Some soreness around the injection site
  - Ice may be applied
- Resume all medications as instructed by your provider
- No activity restrictions are necessary except you should not be in sitting water (baths, hot tubs, swimming pools, lakes/ponds) for three days after the procedure. Showers are OK.
- Keep post-operative appointment

## **Things to Look-out for**

Please contact our office (844) 527-7369 if you experience:

- Weakness in the arms or legs for more than 24 hours
- Redness or swelling around injection site for more than 24 hours
- Bladder or bowel accidents and/or numbness around the groin
- Fever or chills
- Any questions