



EVOLVE

RESTORATIVE CENTER

Visceral Nerve Block

General Information

Your health care provider has determined that a visceral nerve block may be helpful in treating your pain. The viscera (or organs like your stomach, pancreas, intestines, uterus or bladder) have nerves that transmit pain differently from the nerves that transmit pain from other parts of your body. The visceral nerve injections commonly used are the celiac plexus, the splanchnic nerves, the superior hypogastric plexus, and the ganglion impar. Placing medication in these areas can help treat your pain, depending on the area of the body injected.

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 stomach (facing down) with your back exposed. 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 target region 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