

Care After Stellate Ganglion and Lumbar Sympathetic Nerve Block

General Information

You received medicine (anesthesia, sedation or both) that made you sleepy. This will affect your ability to think clearly and make good decisions.

For your safety, you will need a responsible adult to drive you home and to stay with you for 24 hours.

For 24 hours:

- Do not drive or use any machinery.
- Do not make important decisions.
- Do not drink alcohol.
- Use an ice pack for 20 minutes every 2 hours for the first 24 hours.
- You may use a heating pad after the first 24 hours.

Activity

- Plan for quiet activity the rest of the day.
- You may remove the dressing in the morning.
- You may shower or bathe after taking off the dressing.
- Wait 24 hours to return to your exercises.

- Continue your physical therapy (if your doctor ordered physical therapy).
- If no therapy has been ordered, try to use the affected body part as much as possible. Do this while you have a decrease in your pain.

Medicines

- Take prescribed medicine as directed by your doctor.
- Take aspirin, acetaminophen (Tylenol[®]) or ibuprofen (Advil[®], Motrin[®]) for minor discomfort.

Diet

- You may return to your normal diet.
- Do not drink alcohol as long as you are taking prescription pain medicine.

When To Call Your Doctor

Call your doctor if you have any of the following:

- swelling
- fever of more than 100 F
- drainage
- redness
- warmth.

Follow-up Appointment

In the next couple of days, call your doctor's office to make a follow-up appointment. Injections are usually done 3 to 4 weeks apart. There are three injections in a series.

Over the next few days, write down the answers to these questions:

1. Has there been any change in the pain?
2. How long did I have pain relief?
When did the pain return?
3. Was there any change in temperature in my arm/leg? How long did it last?
4. If the pain came back, was it gradual or sudden?

Call your doctor if you have any questions.