



After your procedure

Lumbar sympathetic block

This information sheet provides some general advice on what to expect after your procedure. If you have had sedation for your procedure there are a few things you must not do for up to 24 hours.

1. Drive a vehicle
2. Drink Alcohol or smoke cigarettes
3. Make important decisions eg signing legal documents
4. Operate heavy machinery
5. Engage in strenuous activity

Please follow any additional information from the operating department staff.

What to expect/do:

- Once the local anaesthetic has worn off the sites where the needles were inserted may be uncomfortable in the first few days. This usually responds to simple pain killers like Paracetamol or the anti inflammatory (if you're ok to take them) like Ibuprofen.
- It is common for the foot/leg on the side of the injection to feel a different temperature after the injection
- Within the first few weeks stiffness, bruising or just feeling tender is common and the same pain killers, cold or heat packs can help.
- Leg numbness or weakness may last for a few hours post procedure. Do not drive if any weakness or numbness occurs. **Attend your nearest e.d. immediately** if the leg becomes profoundly numb or you are unable to move the leg suddenly
- This procedure does not provide immediate effect and you should monitor your pain for signs of improvement over the next few weeks
- The rooms will be in contact for a follow up appointment, usually between 2-4 weeks post procedure. This injection may be repeated depending on the results
- Proceed to your normal activity when you feel ready to do so. Your doctor may specify some adjustments if required.

For any questions/concerns please contact the rooms at the contact details below.

If there are any signs of being generally unwell such as a fever, very short of breath or if the pain seems extremely severe then seek medical assistance straightaway through the rooms, your G.P. or out of hours please attend your nearest Emergency Department.

Please note, Northern Beaches Pain Management does not operate an out of hours emergency service. For medical emergency you must dial 000/attend your nearest hospital emergency department.