

Lumbar Sympathetic Nerve Block

Lumbar Sympathetic Nerve Block is an injection procedure to deliver anti-inflammatory medicine around the sympathetic nerves. These nerves control functions like blood flow, temperature and, in certain situations, transmitting pain signals.

The most common type of injection is a combination of local anaesthetic with cortisone. All injections are performed in theatres equipped with a live X-ray machine to visualize the injection as it is performed.

Some contrast medium may be used to verify the location of the needle.

1. A local anaesthetic numbs the skin and all the tissue down to the sympathetic nerves

2. A contrast Solution is Injected.

2. A mixture of anaesthetic, saline and anti-inflammatory medicine is injected.

For more Information,
Videos and Resources,
visit our website.

advancedspinepain.com.au

Locations

Waratah Private Hospital
Suite 705, Level 7, 31 Dora Street
Hurstville NSW 2220

St Vincent's Clinic (Level 8)
Suite 808B, 438 Victoria Street
Darlinghurst NSW 2010

Prince of Wales Private Hospital
Suite 24, Level 7, Barker Street
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What to do before the procedure?

Organise transport home with a family member or friend as you will not be able to drive for 24 hours following your procedure.

You will be advised of your fasting and admission time.

If you are on regular medication, you may take it with a sip of water on the morning of your procedure.

Please tell your doctor if you are taking blood-thinning medications because you might need to stop them.

Unable to take Diabetes medications morning of procedure.

Continue ALL of your pain medication as usual.

What happens at the hospital?

When you arrive, you will be admitted for day surgery and changed into a gown.

Our Anaesthetist will provide sedation before the procedure through an IV drip.

The procedure takes around 30-40 minutes.

Discomfort will be minimised with local anaesthetic at the injection site.

After the procedure, you will be taken to the Recovery Room where you will rest.

Keep in mind that you will be at the hospital for at least 3-4 hours in total.

What should I expect after the procedure?

Immediately after the injection, you may feel your legs getting warm and the pain may be gone or significantly reduced.

You may feel temporary weakness in your legs.

What happens after the procedure?

You will be discharged once there is no pain or weakness.

Normal activities may resume 24 hours after the procedure when the local anaesthetic has worn off.

When to seek medical attention?

Contact your GP or Local Emergency Department, if you experience the following:

- Redness, heat, swelling or any purulent secretions in the area of the injection.

What activities can I do after the injection?

In the first 24 hours: We recommend that you rest and only participate in necessary gentle daily activities. Continue taking your prescribed medications as advised by your doctor.

In the first 2 to 3 days: You may experience discomfort at the injection site which you may take simple analgesics like Panadol or Nurofen.

After 3 days: Return to your usual activities up to the point of your personal comfort. Your pain experiences should start to diminish.

You may be able to return to work at this point with mild discomfort.

How long will my pain relief last?

This will depend on each individual. Usually, the duration of pain relief lasts 2 - 4 months.

How many lumbar sympathetic blocks do I need to have?

Most people will need 2 to 4 blocks for maximum effect, but some may need more. The effectiveness varies from patient to patient. However, if you have a successful response you may proceed to Radiofrequency Neurotomy treatment of the lumbar sympathetic nerve.