

ADVANCED PAIN MEDICINE, PSC

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Lumbar Sympathetic Block Discharge Instructions

After your injection(s) today:

- * Do not drive or operate machinery for 24 hours
- * Do not engage in any strenuous activity or heavy liftin
- * Resume your regular diet
- * Drink plenty of fluids
- * You may remove any band-aids tonight
- * Rest

You may experience any of the following up to 2-6 hours after your procedure:

- * Sensation of warmth or tingling in your leg or foot
- * Dizziness: Lying down usually helps, since dizziness is frequently a result of a drop in blood pressure. Gradually sit up, then stand after ten (10) minutes of sitting.
- * Leg weakness or numbness. If you experience these symptoms walk only with assistance. This should resolve 2-6 hours after your procedure.
- * Difficulty swallowing. Do not eat solid food until you can swallow normally.

You may experience some discomfort in the area where your injection was performed. You may use ice to decrease discomfort and inflammation at the injection site for 24-48 hours after the procedure.

Women: It is possible that the steroid may alter your menstrual cycle.

Diabetics: It is possible that the steroid may alter your glucose levels. Make sure you closely monitor your blood sugar and manage it with the help of your primary care physician.

Please notify Advanced Pain Medicine, PSC if you develop any of the following:

- * Any redness that does not go away within a day
- * Drainage or increased pain at the injection site(s)
- * Increased pain for more than one week
- * Fever of 101 F or greater that does not resolve with medication
- * Unusual or new symptoms
- * Severe groin pain
- * Inability to pass urine

Advanced Pain Medicine, PSC is open Monday - Friday, 8 A.M. - 5 P.M. For emergencies or after hours, call the physician on call at (859) 271-3114. In case of emergency, please go to the nearest emergency room. If for some unforeseen reason you are unable to reach the physician on call, please go to the nearest emergency room.

APM, PSC

SDB

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