

LUMBAR SYMPATHETIC NERVE BLOCK DISCHARGE INSTRUCTIONS

ACTIVITY

- Attend therapy or home therapy as prescribed.
- Please call our office afterwards with a progress report.
- DO NOT DRIVE or operate machinery today.
- You may resume normal activities tomorrow as tolerated.

CARE OF THE INJECTION SITE

- For soreness or pain, you may apply ice today. (20 minutes on/20 minutes off)
- Notify the Spine and Pain Center if you have any of the following: redness, drainage, swelling, chills, or fever above 100°F degrees.

SPECIAL INSTRUCTIONS

- You may experience the following for up to 6 hours after the procedure:
 1. Sensation of warmth or tingling in the leg or foot.
 2. Dizziness. Lying down usually helps. Sit up and then stand gradually, with assistance if needed.
- Notify the Spine and Pain Center or go to the nearest emergency room if you have severe groin pain, bloody urine, or inability to pass urine. Be sure to let medical personnel know that you have had a lumbar sympathetic nerve block.

MEDICATIONS

- Continue to take all routine medications.
- Our office may have instructed you to hold some medications. You may resume _____.

As no general anesthesia was used in today's procedure, you should not experience any side effects related to anesthesia.

Allentown

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Anderson

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Fax: 833-219-0473

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830 Ostrum Street
Bethlehem, PA 18015
Fax: 833-219-0471

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3 Parkinsons Road
East Stroudsburg, PA 18301
Fax: 833-219-0474

Lehighton

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Lehighton, PA 18235
Fax: 833-219-0477

Orwigsburg

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Fax: 272-639-5152

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Quakertown, PA 18951
Fax: 866-291-6192

Tamaqua

120 Pine Street
Tamaqua, PA 18252
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Warren, NJ

Bone and Joint
755 Memorial Pkwy., Bldg. 201
Phillipsburg, NJ 08865
Fax: 833-219-0476

Phone: 484-526-7246

THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.

PATIENT SIGNATURE

NURSES SIGNATURE

DATE