

Lumbar Sympathetic Blocks

- [What is a lumbar sympathetic block?](#)

A lumbar sympathetic block is the injection of local anesthetic around a group of nerves in your low back (lumbar) region.

- [Why is a lumbar sympathetic block performed?](#)

A lumbar sympathetic block may be done if you have Complex Regional Pain Syndrome (RSD), severe peripheral vascular disease, or neuropathic pain (pain coming from nerves).

- [What happens during the procedure?](#)

You will be placed in the prone position (face down) on the table in the procedure room. Your low back will be cleansed with an antiseptic solution and the area will be numbed. The doctor will use fluoroscopy (a special x-ray) to guide the placement of a thin needle to the area of a group of nerves in your low back. After correct needle placement is confirmed by x-ray, the local anesthetic will be injected.

- [How long does the procedure take?](#)

Approximately 30 minutes.

- [Contraindications to the procedure](#)

Bleeding problems, infection at the injection site, low blood pressure.

- [Special care afterward:](#)

A Band-Aid will be applied at the injection site. You will be taken to the observation area, where a nurse will take your blood pressure, pulse and respirations. You will be required to stay for at least 30 minutes. If you have an IV in, it will be taken out at this time if your vital signs are stable. The nurse will review your discharge instructions and you will be able to go home.