

Stephen P. Lordon, MD
Medical Director
Board Certified in
Anesthesiology &
Pain Medicine



5250 South 320 West
Atrium Building, #305
Murray, Utah 84107
801-262-7246
1-866-366-7906
Fax 801-262-3693

Your provider has recommended that you have a spinal injection to help reduce pain and improve function. Injections are a less invasive, relatively conservative treatment option for pain. They can be more effective than an oral medication because they deliver medication directly to the anatomic location that is generating the pain. They can help relieve pain by reducing inflammation. An injection can also help your provider identify the source of your pain by numbing certain areas of your back. The type of injection you receive is based on your specific symptoms and the physical examination performed by your health care provider.

SYMPATHETIC NERVE BLOCK

How is it done?

A local skin anesthetic is given, numbing the area of the injection. A spinal needle is then inserted into the lumbar region of the spine. A sterile tubing is attached to the needle and anesthetic (numbing agent) is slowly injected through the tubing.

General Pre/Post Instructions

You will be given an IV (intravenous line) sedation along with a local anaesthetic. This means that you will be conscious but very relaxed and the area of the injection will be numbed. You will need to have nothing to eat or drink after midnight the night before. If you take medications in the morning, you may do so with a small amount of clear liquid (water, apple juice, etc). You will need to have someone to drive you home after the procedure and you should not drive for 24 hours. You will not be able to perform regular daily duties such as work, school, driving, etc that day as the anaesthesia will take approximately 24 hours to get out of your system. If you are taking a blood thinner, please be sure to let your provider know.

Expected Results

The patient may note increased warmth and redness of the lumbar area after the injection. Generally, pain relief is expected immediately following the injection if the medication reaches the inflamed area or source of pain. Each patient will respond differently to the injection, and the degree and duration of the pain relief will differ. Please contact us with any questions or concerns following your injection.

Expected Time of Procedure

The procedure itself will be between 45 and 60 minutes. Since you will be given IV sedation, you will be monitored for at least 30 minutes after the procedure. You should plan on being in and out of the clinic in one to one and half hours. Your driver is not required to be here during the procedure but must be here to check you out. This time could vary depending on the daily schedule.

Additional Information

Our office will contact your insurance regarding the benefits and preauthorization for your injection. You may contact our office with any questions regarding your coverage. Family members, as always are welcome in our office, however, for privacy purposes they will not be able to accompany the patient to the procedure room.

Procedure Date: _____ Time: _____ Provider: _____

Follow up Date: _____ Time: _____ Provider: _____

For questions regarding scheduling or insurance call Jen at 262-7246 x100

For questions regarding injections and procedures, call Alli at 262-7246 x107