

# Patient Information

## Chemical Lumbar Sympathectomy

Clinical Team.....

Procedure Date.....

Discharge Date.....

Phone.....

### Pain Management

It is fine to take your regular medications after your procedure unless specifically instructed otherwise.

However, should you develop:

- worsening back pain
- numbness and/or weakness in your legs
- lose control of your bowel and/or bladder
- develop fever after your procedure

Please inform us at the Pain Management Unit immediately on 8204 5351.

You may contact the FMC Emergency Department or visit your local doctor for a review, but it is important that the Pain Management Unit is notified.

### Care of injection site

You need to check your wound for any of the following symptoms that may be caused by infection:

- Redness
- Swelling
- Increased pain
- Fever
- discharge from the wound / injection site.

If you have any of these symptoms you need to notify the Pain Unit during office hours on 8204 5499. You may contact the FMC Emergency Department or visit your local doctor for a review, but it is important that the Pain Management Unit is notified of any wound problems.

### Complications

On rare occasions blood in the urine can occur for a few days post-procedure. If it persists for longer than 1 week, please notify the Pain Management Unit.

New pain on the inner upper thigh can occasionally be experienced for up to 6 weeks.

Back ache can occasionally occur at the needle insertion site.

### Bowels

To prevent constipation, you can do the following unless you have been told otherwise:

- Drink plenty of fluids
- Eat high fibre food – fruit, vegetables, bread and cereals
- Go for short walks if possible
- Sometimes you may need a stool softener such as coloxyl and senna – these can be bought at the chemist.



## Driving

If you are discharged the on the same day as your procedure, it is required that a responsible adult accompany you home and stay with you overnight. You may also experience some muscle soreness.

You should not:

- Drive a motor vehicle or operate machinery for the rest of the day.
- Make important decisions or sign contracts
- Drink alcohol

## Continuing care after our discharge

If you need medical attention in the first 24 hours after our discharge, please go to the FMC Emergency Department. If you have any further concerns after 24 hours, please contact your local doctor or, if it is serious, go to the FMC Emergency Department.

## Follow-up appointments

FMC appointment

No  Yes

Appointment card / to be posted

Local Doctor

No  Yes

In .....days / weeks / as needed

## Additional Information

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### For more information

Pain Management Unit  
Flinders Medical Centre  
Level 2, Northern Entrance

Telephone: (08) 8204 5499  
Fax: (08) 8374 1758

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Interpreter



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Government of South Australia

**Health**  
Southern Adelaide  
Local Health Network