

Therapeutic root block

Introduction

You will soon be coming to Amstelland Hospital for a therapeutic root block. This leaflet provides additional information on this treatment. Be aware that your personal situation may differ from the one described in this leaflet.

What is a therapeutic root block?

A nerve block is a form of treatment in which a nerve (branch) is treated with a specific medicine. The goal is to reduce the pain (to 'block' it, as it were). To assess whether a therapeutic root block will be a suitable treatment for you, a 'test block' is often first performed. As a test, the pain specialist will inject a short-acting anesthetic. Staff then examine the effect of the anesthetic. This provides the pain specialist with an impression of the cause of your pain, and he/she can assess whether a block treatment will be suitable for you.

Important to note

Always contact (before your next treatment) the Pain Medicine Department if one of the following applies to you and you have not yet discussed this with the pain specialist. The following information may be important for your treatment:

- *Use of blood-thinning medication*
The pain specialist will discuss with you whether, and how long in advance, you have to stop taking this medication.
- *A (potential) pregnancy*
X-rays will be taken during this

treatment, and these are potentially harmful to an unborn child.

- *Diabetes*
- *Allergy or hypersensitivity to iodinated contrast agents, iodine, medication or adhesive plaster.*

The day of the treatment

The treatment will be performed in the treatment rooms, location C 36. From the main entrance, follow the yellow route to the right (31-50).

Upon arrival, you will report on time to the reception desk of the Treatment Centre. You can sit down in the waiting room.

Because X-rays will be taken, anyone accompanying you may not be present during the treatment. Please count on staying at the hospital for roughly an hour. During your treatment, the person accompanying you can use the restaurant in the hall.

The treatment

You will lie down on a narrow table. Depending on the treatment site, you will lie down either on your stomach or your back. The skin is numbed at the site of the root block. Aided by radioscopy (direct observation of objects opaque to light using some form of radiant energy), the pain specialist will insert the needle and inject contrast liquid in order to check its position. The pain specialist will then inject an anesthetic and an anti-inflammatory agent into the nerve root.

The treatment lasts for approximately ten minutes. After the treatment, you will be taken to the Pain Medicine Department. You will remain there for roughly an hour under a nurse's supervision.

Complications/side effects

The following complications or side effects may develop after a root block:

- Temporary loss of strength or numbness in an arm or leg. This is due to the anesthesia, and it will wear off after a few hours.
- If a small blood vessel is hit during the insertion of the needle, bruising may appear. This bruising can be somewhat painful.
- The blood sugar values of diabetic patients may fluctuate.
- Post-treatment pain.

Going home

After the treatment, you may not drive yourself on the same day. You must ensure that someone else brings you home.

Home again

A plaster will be attached to the site of the needle insertion. You can remove this in the evening or on the following day. At that point, you can shower and bathe again.

The results of the treatment can only be assessed after a few weeks. However, it is quite possible for you to notice a favorable effect sooner. In some instances, the treatment will need to be repeated.

Attention!

The contraceptive pill will not be reliable until the next menstrual period!

Questions?

Should you still have questions after reading this leaflet, you can contact the Pain Medicine Outpatient Clinic at +31 (0)20 755 7010.

Notes on this leaflet

If any information in this leaflet is unclear or incomplete, please notify us. You can share your remarks with us via voorlichting@zha.nl.