

SUPERIOR HYPOGASTRIC PLEXUS BLOCK



If you suffer from chronic pelvic pain, genital pain, or have been told you have pudendal neuralgia, you may benefit from this unique treatment option.

■ WHAT IS A SUPERIOR HYPOGASTRIC PLEXUS BLOCK?

A superior hypogastric plexus block (also known as a hypogastric block) is an advanced, minimally invasive procedure used to treat pelvic and genital pain that has been so far unresponsive to oral medications and other conventional treatments. This injection is considered to be a sophisticated, and more precise version of a sympathetic block that targets a specific region of the Sympathetic Nervous System (SNS) known as the Superior Hypogastric Plexus.

■ INDICATIONS

The superior hypogastric plexus is a part of the sympathetic nervous system that is capable of communicating pain to the central nervous system even when there is nothing damaged or inflamed. By blocking this structure, one can relieve pain in the visceral and pelvic regions from multiple etiologies:

- Chronic Pelvic Pain
- Cancer Pain
- Pelvic Inflammatory Disease
- Endometriosis
- Prostatitis
- Interstitial Cystitis
- Dysmenorrhea and Dyspareunia
- Myofascial Pain Syndrome
- Vulvitis
- Cystitis
- Varicocele
- Sympathetically-Mediated Pain
- Pelvic Congestion
- Pelvic Fibrosis
- Pelvis Neurodystonia
- Radiation-induced Neuropathy
- Irritable Bowel Syndrome
- Pain due to adhesions resulting from multiple abdominal/GYN surgeries

■ WHAT ARE THE BENEFITS?

A superior hypogastric plexus block is a minimally invasive procedure that takes just minutes to perform. It can be used to treat different types of visceral and pelvic pain that are non-responsive to oral medications and conventional therapies. The most important aspects of this procedure are its ability to treat pain from a variety of origins, and the immediate pain relief following its successful administration.

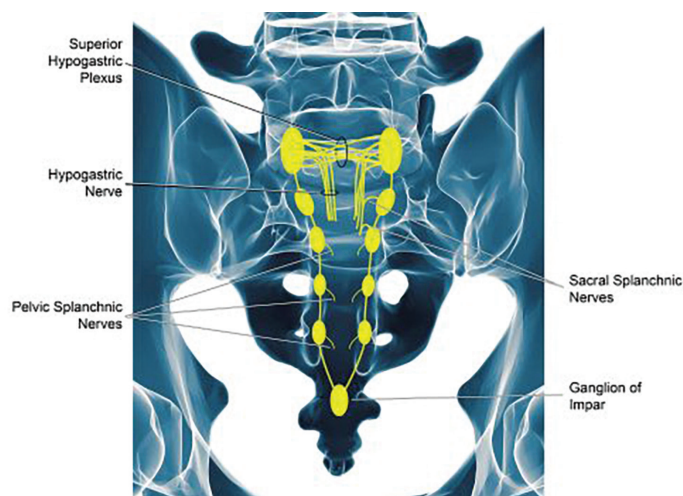
Along with spinal innervation, the structures of the pelvic region receive input from the SNS via the superior hypogastric plexus making it an appropriate target for treating pain originating from the area.

■ HOW DOES IT WORK?

This procedure can be performed as a diagnostic block or a therapeutic block. In most cases (especially in nonmalignant pain syndromes), you physician will choose to perform a diagnostic block first.

■ IS A SUPERIOR HYPOGASTRIC PLEXUS BLOCK RIGHT FOR ME?

The diagnostic portion of the procedure is typically performed twice to make certain the Superior Hypogastric Plexus is indeed a source of pain. Once this has been confirmed, the neurolysis is a one time procedure that will offer pain relief for several months at a time.



Diagnostic Block—The injection will consist of a local anesthetic, like Lidocaine or Bupivacaine, to test the pain's response to a block of the superior hypogastric plexus.

■ HOW MANY TREATMENTS WILL I NEED?

The diagnostic portion of the procedure is typically performed twice to make certain the Superior Hypogastric Plexus is indeed a source of pain. Once this has been confirmed, the neurolysis is a one time procedure that will offer pain relief for several months at a time.

■ WHEN WILL I FEEL BETTER?

The relief from a positive diagnostic block is almost immediate, as the effects of the local anesthetic should typically be felt before the patient even leaves the office. The medication will wear off in just a few hours and the pain will return—THIS IS NORMAL. This will enable your doctor to verify the Superior Hypogastric Plexus is transmitting pain, making it a good target for the therapeutic procedure.

The relief from the therapeutic procedure make take up to a few days to reach maximum effect.