



EMORY PAIN CENTER

Hypogastric Plexus Block

What is a hypogastric plexus block? A hypogastric plexus block is a minimally invasive procedure used to manage chronic pelvic pain. The hypogastric plexus is a network of nerves located in the lower abdomen that transmit pain signals from the pelvic region to the brain. By administering medication near the hypogastric plexus, this block can help relieve pain and improve quality of life for individuals with chronic pelvic pain conditions.

What are the indications for a hypogastric plexus block? A hypogastric plexus block is commonly used to treat chronic pelvic pain caused by various conditions such as endometriosis, pelvic inflammatory disease, chronic prostatitis, and cancer involving the pelvic organs. It can also be beneficial for individuals experiencing pain related to nerve damage or neuropathic pain in the pelvic region.

How is a hypogastric plexus block performed? The hypogastric plexus block is typically performed as an outpatient procedure. You will be positioned comfortably, and the skin in the lower abdomen will be cleansed with an antiseptic solution. Using imaging guidance, such as fluoroscopy or ultrasound, a small needle is inserted near the hypogastric plexus nerves. A local anesthetic and a corticosteroid medication may be injected to numb the nerves and provide pain relief. The procedure usually takes around 15 to 30 minutes.

What are the potential risks or side effects of a hypogastric plexus block? The hypogastric plexus block is considered safe, but like any medical procedure, it carries some risks. Potential risks and side effects may include infection, bleeding, nerve injury, allergic reactions to the medications used, or temporary soreness or discomfort at the injection site. These risks will be discussed with you by your healthcare provider before the procedure.

What should I expect after a hypogastric plexus block? After the procedure, you may experience temporary numbness or weakness in the lower abdomen or pelvis, as well as pain relief that may last for a variable duration. Your healthcare provider will provide instructions for post-procedure care, including any pain management strategies and activity restrictions. It is important to report any new or worsening symptoms to your healthcare provider and attend scheduled follow-up appointments.