

Rochester Pain Solution

Discharge Instructions: Stellate Ganglion Nerve Block

You have received a Stellate Ganglion Nerve Block. Please pay close attention to the following side effects and post-injection instructions:

Your physician has given you a stellate ganglion nerve block. The stellate ganglion is a group of nerves, located in the neck. The nerves supply the scalp, neck, shoulder, arm, and hand. The purpose of this procedure is to decrease pain and increase circulation in the area of your pain. This is done by injecting a local anesthetic medication around a group of nerves that come together in the neck. Increasing the circulation may provide more blood flow and oxygen to the area of your pain. If this procedure relieves your pain, your doctor may recommend a series of injections be given to help break the pain cycle.

Activity:

1. You may carry out your regular daily activities. Avoid doing things that you have not done for some time (ie – heavy housework, lifting, etc.). It is important to continue with your exercises as prescribed.
2. Certain effects are expected to occur after the injection:
 - o Flushing of the face on the same side as the injection
 - o Nasal congestion on the same side as the injection
 - o Drooping of the eyelid, redness of the eye
 - o Hoarseness, feeling like there is a ‘lump’ in the throat
3. Since many of the nerves come together in the same place the following may occur:
 - o Arm heaviness or weakness
 - o Difficulty swallowing, slight difficulty breathing
 - o Headache

All these effects are temporary and will subside

Diet:

1. After the procedure, **do not eat or drink anything for 2 hours**. After this period, you may carefully take sips of water. If you are able to swallow without difficulty, proceed to soft foods, and advance to your regular diet in the next 4-6 hours.

Medications:

1. You may resume all your usual medications.

If you develop ANY of the following, please call the doctor you have seen for your procedure at 585-491-6130 or go to the emergency room:

1. Fever or chills
2. Severe tenderness at the injection site
3. Weakness in the arm
4. Unable to urinate or have new incontinence of bowel or bladder
5. Breathing difficulty, dizziness, severe total body rash, facial or tongue swelling, chest pain, and shortness of breath.

Monday to Friday, from 8 am to 5 pm call (585) 491-4916130. After 5:00 PM, on weekends or Holidays, call 585-520-1812.

Follow up: Please call the office at 585-491-6130 if a follow up appointment is needed.

If you have received general anesthesia or intravenous sedation, we suggest you do not sign any important documents or make any important decisions for 24 hours.

I have read and understand the above instructions and have received a copy.

Patient Signature _____ Witness Signature: _____

Accompanying adult: _____ Date: _____

*** If you cannot reach your physician and it is an Emergency, please call 911 or go to the nearest Emergency Department.**