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Your provider has recommended that you have a spinal injection to help reduce pain and improve function. Injections are a less invasive, relatively conservative treatment option for pain. They can be more effective than an oral medication because they deliver medication directly to the anatomic location that is generating the pain. They can help relieve pain by reducing inflammation. An injection can also help your provider identify the source of your pain by numbing certain areas of your back. The type of injection you receive is based on your specific symptoms and the physical examination performed by your health care provider.

## **STELLATE GANGLION BLOCK**

### **How is it done?**

A local skin anesthetic is given, numbing the area of the injection. A spinal needle is then inserted into the cervical spine. A sterile tubing is attached to the needle and anesthetic (numbing agent) is slowly injected through the tubing.

### **General Pre/Post Instructions**

You will be given a local anaesthetic. This means that you will be conscious but the area of the injection will be numbed. You will be able to perform your regular daily routine including meals, medications, driving and working before and after the injection. Of course, this is individually based and you should do only what is comfortable for you. If you are taking a blood thinner, please be sure to let your provider know.

You may be prescribed an oral sedative, such as valium. If so, you will need to have a driver on the day of your procedure. You will want to take the oral sedative one hour before your scheduled time.

### **Expected Results**

The patient may note increased warmth and redness of the painful arm during and after the injection. The patient can expect hoarseness of their voice, redness of the eye, drooping of the eyelid and pupillary constriction for 4-8 hours after the procedure. Generally, pain relief can be expected immediately. Each patient will respond differently to the injection, and the degree and duration of the pain relief will differ. Please contact us with any questions or concerns following your injection.

### **Expected Time of Procedure**

The procedure itself will be between 30 and 40 minutes. You should plan on being in and out of the clinic in 45 to 60 minutes. This time could vary depending on the daily schedule.

### **Additional Information**

Our office will contact your insurance regarding the benefits and preauthorization for your injection. You may contact our office with any questions regarding your coverage. Family members, as always are welcome in our office, however, for privacy purposes they will not be able to accompany the patient to the procedure room.

Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_ Provider: \_\_\_\_\_

Follow up Date: \_\_\_\_\_ Time: \_\_\_\_\_ Provider: \_\_\_\_\_

For questions regarding scheduling or insurance call Jen at 262-7246 x100

For questions regarding injections and procedures, call Alli at 262-7246 x107