

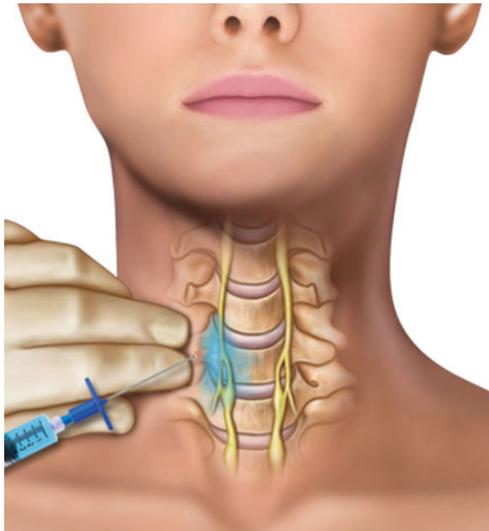
What is a stellate ganglion block?

A stellate ganglion block is an injection of local anaesthetic in the sympathetic nerve tissue of the neck. The aim of the injection can be to treat the pain or to diagnose a pain syndrome.

The medications injected are a local anaesthetic, epinephrine or steroid medication may be added to prolong the effects of the block.

During the procedure, the chin is slightly raised and turned away from the side to be injected. The skin in the front of the neck, next to the "voice box" is cleaned with antiseptic solution and then the injection is carried out with the help of an live X-ray machine and Ultrasound.

Some contrast medium may be used to verify the location of the needle.



For more Information & Videos

- sydneyspinepain.com.au
- youtube.com/watch?v=xaIz_tqf1X4

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Stellate Ganglion Block



What to do before the procedure?

- ✓ Organise transport home with a family member or friend as you won't be able to drive for 24 hours following your procedure.
- ✓ You will be advised of your fasting and admission time.
- ✓ If you are on regular medication, you may take it with a sip of water on the morning of your procedure.
- ✓ Please tell your doctor if you are taking blood thinning medications because you might need to stop them.
- ✓ Continue ALL your pain medication as usual.
- ✓ If you are a smoker, you are required to stop smoking a minimum of 2 hours prior to your procedure.

What happens at the hospital?

- When you arrive, you will be admitted to day surgery and changed into a gown.
- Our Anaesthetist will provide sedation before the procedure.
- The procedure takes around 30-40 minutes.
- Discomfort will be minimised by placing a local anaesthetic into your skin.
- After the procedure, you'll be taken to the Recovery Room where you will rest.
- **Keep in mind that you will be at the hospital for at least 3-4 hours in total.**

What should I expect after the procedure?

- Immediately after the injection, you may feel your arm getting warm and the pain may be gone or quite less.
- You may feel "a lump in the throat" as well as experience hoarseness, a droopy and red eye and some nasal congestion on the side of the injection.

What happens after the procedure?

You will be discharged once there is no pain or weakness.
Normal activities may resume 12 – 18 hours after the procedure when the local anaesthetic has worn off.

When to seek medical attention?

Contact your GP or Local Emergency Department, if you experience the following:

- New shortness of breath 24 - 48 hours after the injection.
- Redness, heat, swelling or any purulent secretions in the area of the injection.

When should I come back for a follow up?

Usually in 3 to 4 weeks.



What activities can I do after the injection?

In the first 2 hours: We recommend that you rest and only participate in gentle activity.

Within the first 24 hours: We recommended that a cold pack is applied to your injection sites. After this time, heat packs may also be applied.

In the first 2 to 3 days: You may experience discomfort at the injection site.

How long will my pain relief last?

This will depend on your personal circumstances. Usually, the duration of pain relief gets longer after each injection.

How many stellate ganglion blocks do I need to have?

If you respond to the first injection, you will be recommended to have a series of injections. Some people may need only 2 to 4 and some may need more than 10. The response varies from patient to patient.