



# INTERVENTIONAL SPINE & PAIN INSTITUTE OF NEW ENGLAND

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## **STELLATE GANGLION BLOCK**

### **What is a Stellate Ganglion Block?**

Stellate Ganglion is a group of nerves in the neck area. A Stellate Ganglion block is the injection of a local anesthetic around this group of nerves.

### **Why is Stellate Ganglion Block performed?**

A Stellate Ganglion Block may be performed if you have Reflex Sympathetic Dystrophy (RSD), Complex Regional Pain Syndrome (CRPS), severe peripheral vascular disease, herpes zoster, phantom limb pain or neuropathic pain.

### **Is there any preparation for this procedure?**

An IV will be placed in your unaffected arm prior to the procedure.

### **What happens during the procedure?**

You will be placed in the supine position (lying on your back) on the table in the fluoroscopy room. Your neck will be cleansed with an antiseptic solution and the area will be numbed. The doctor will use x-ray to guide the placement of a thin needle to the area of a group of nerves in your neck. After correct needle placement is confirmed by x-ray, a small amount of local anesthetic will be injected.

### **How long does the procedure take?**

Approximately 20 minutes.

### **Contraindications for the procedure:**

Bleeding problems, infection, pregnancy or **uncontrolled LOW blood pressure.**

### **Special care afterward:**

A band-aid will be applied at the injection site. You will return to the recovery area. A nurse will monitor your vital signs. You may experience any of the following symptoms immediately after the procedure and up to eight hours later: *droopy eyelid, red or "bloodshot" eye, tearing, nasal stuffiness, hoarse voice, sensation of a "lump" in your throat, difficulty swallowing or sensation of warmth or tingling in your hand.* **You will not be able to eat for a few hours after the procedure.** These symptoms will disappear as the local anesthetic wears off. The nurse will ask you how much pain is relieved prior to discharge. Your discharge instructions will then be reviewed and you will be able to go home.

**REMEMBER** ⇨ **You are NOT permitted to drive after your procedure. You MUST have someone drive you home or the procedure will be cancelled.**

