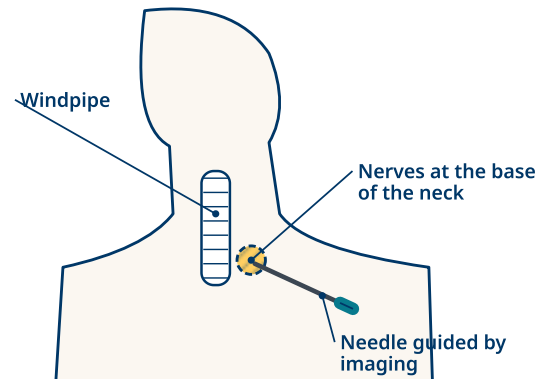


Stellate Ganglion Block

What it is

The stellate ganglion is a group of nerves in the neck. A block puts numbing medicine near these nerves. It may help some kinds of pain in the arm, face or chest.



Why it is done

- Complex regional pain syndrome of the arm
- Certain nerve pain of the head, neck or arm
- Some vascular conditions affecting the arm

Self-care tips

- Rest the day of your injection. Most people return to light activity the next day.
- Ice on the site for 15 to 20 minutes may ease soreness.
- Keep a pain diary for 2 weeks to share with us.
- Keep taking your usual medicines unless we tell you otherwise.

What to expect

Before: We review your medicines, especially blood thinners, and any allergies. You may need someone to drive you home.

During: You lie on your back. The skin on the front of the neck is cleaned and numbed. The doctor uses imaging to guide a thin needle and gives the medicine.

After: Your voice may sound hoarse, or one eyelid may droop, for a few hours. This is common. You usually go home the same day.

When to call us

- Fever or chills
- Redness, swelling, warmth or drainage where the needle went in
- Pain that is much worse than before, or new weakness or numbness
- A bad headache that is worse when you sit or stand

Call 911 for trouble breathing, chest pain, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/stellate-ganglion-blocks/



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