

INTERVENTIONAL PAIN MANAGEMENT SERVICES PRE/POST-PROCEDURE INSTRUCTIONS

Stellate Ganglion / Brachial Plexus Block

ABOUT THE PROCEDURE:

A stellate ganglion/ brachial plexus block is an injection which is performed in the neck to block the very small nerve fibers in the neck area. The injection you receive will contain local anesthesia to reduce pain. Following symptoms are common after this procedure.

- Pain, bruising, and swelling around injection site.
- Numbness and weakness of the affected area and muscles.
- Dizziness.
- Flushing of the face on the same side.
- Nasal congestion on the same side with watery red eye with smaller pupil.
- Drooping of the eyelid
- Hoarseness of voice.
- Arm weakness.
- Difficulty in swallowing.
- Slight difficulty in breathing.

DAY OF INJECTION:

Procedure may not be performed if the instructions below are not followed.

- Clear liquids only, no later than 4 hours before the appointment.
- Food no later than 6 hours before the appointment.
- Take medication as directed. **Stop Coumadin 5 days before the procedure.**
- Take blood pressure medications, etc. on routine schedule. Hold Diabetes medications on the morning of the procedure.
- Bring responsible adult to drive home. Do not plan to drive home after injection.
- **DO NOT DRIVE FOR 8 HOURS AFTER THE PROCEDURE.**

DISCHARGE INSTRUCTIONS:

- Do not drive an automobile, operate heavy equipment, or engage in strenuous activities until the numbness has completely worn off and full strength has returned to your arms and legs. Your arms or legs may be weaker than they feel for up to 8 hours after injection.
- Rest, not necessarily bed rest, but take it easy and limit your activity today.
- After the procedure you should not eat or drink anything for two hours. Then, carefully try sips of water. If you are able to swallow without difficulty, liquids can be taken. Caution with solids should be used for six hours.
- Tylenol or medication you usually take for minor pain.
- You may experience some soreness and discomfort in the area of the injection and surrounding muscles. This may last several days. An ice pack may be helpful 3-4 times a day for 20 minutes.
- Call 972-6283 Monday-Friday, 7:30 AM to 3:30 PM or contact Emergency Room after 3:30 PM and/or weekends for the following, or any problem related to the procedure.

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CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Oral temperature of 101° F or higher.

EMERGENCY INFORMATION:

- Emergency services are available at Plan hospital emergency departments 24 hours a day, 7 days a week. If you think you have an emergency medical condition and you can not safely go to a Plan hospital, call 911 or go to the nearest hospital. Please see your "Evidence of Coverage" for more details on your coverage and benefits.
- If one of the following occurs please contact the Emergency Room immediately.
 - Difficulty in breathing.
 - Coughing with chest or shoulder pain.
 - Increased chest pain with cough or deep breathing.