

Stellate ganglion block

Information and advice for patients

Pain management

At the Pain Management Clinic it was suggested that a stellate ganglion block may help ease your pain. This leaflet will briefly explain the treatment that you will be receiving. It is important that you understand the treatment you will be receiving.

What is a stellate ganglion block?

There is a group of nerves found in the neck, which can affect the circulation, and pain in the arms. Following injury, these nerves can become over-active, and continuously cause pain.

It is possible that by numbing these nerves with an injection of local anaesthetic, their activity can be reduced, and the pain eased.

What to expect

Before the procedure

If you decide to have this injection, you will be admitted to the hospital, onto the day case ward. You may eat and drink as normal.

The doctor will explain the procedure and ask you to sign a consent form.

Please make sure you have understood the explanation and ask any relevant questions.

During the procedure

The doctor will inject into the neck. You may feel some discomfort whilst the area is being injected but this will only last briefly.

After the procedure

You will be asked to rest for an hour afterwards, where we will regularly check your blood pressure. You may eat and drink the same day, but please only take small sips of water at first. When you feel ready, and the staff are satisfied with your condition, you may go home, accompanied by a friend or relative. You must not drive a vehicle yourself or travel on public transport for the rest of the day.

What are the possible side effects?

- Blurred vision may occur, but this will only last for a few hours.
- You may get a sore throat/ difficulty swallowing, which may last a few hours.
- Your voice may become hoarse, again lasting for a few hours.
- Rarely, an allergic reaction to local anaesthetic.

How long will the pain relief last for?

This varies from person to person; it may last from a few days to a several months.

**If you have any concerns or queries please contact Pain Management Service on
Tel: 0121 507 4866**

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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