New York Spine & Wellness Center

Pudendal Nerve Block

What is it?	The pudendal nerve is the main nerve of the perineum. It innervates the external genitalia of both sexes as well as the skin around the anus. This nerve can be damaged by difficult child birth, straining to defecate, diabetes, multiple sclerosis and cycling.
Why is it done?	Pudendal nerve blocks are done to diagnose and treat chronic pelvic pain such as vaginal pain, penile pain, scrotal pain, or perineal pain.
How is it done?	You will be asked to lie down on the examination table in a frog leg position. You will have a drape sheet placed over you. The perineum will be cleaned with alcohol and your provider will located the site of the inflamed nerve and the painful site. Using a thin needle, a mixture of local anesthetic and steroids are injected into the painful area.
What to wear?	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
How long will it take?	The procedure lasts about 15 min.
Can I drive home from the procedure?	Yes, you can drive
Can I eat before?	Yes, we encourage you to eat a normal breakfast or lunch.
Should I stop taking aspirin?	**No**
Can I take my medications?	**Yes**
Risks of this procedure include, but are not limited to:	* Pain in the area where the needle(s) was inserted. The pain can last for two to three days and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * *Bleeding, infection and/or bruising in the injection area. Increased pain* * *A reaction to the contrast dye. These reactions usually do not require further treatment. However, a reaction to the contrast dye may result in sneezing, hives, swelling of the face* and throat, respiratory difficulties and shock. Medication and/or respiratory assistance may be required. * A reaction to the local anesthetic or conscious sedation, including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest. * Temporary numbness or weakness in one or both legs. This is normal. * Nerve damage, paralysis, stroke and even death.