

## Stellate Ganglion Block

<b>What is it?</b>	The stellate ganglion is a small collection of nerves in the neck, next to the trachea and the Adam's apple. Most of the nerves that supply the involuntary functions of the arm and face on either side of the body (such as sweating, hair follicle activity and blood vessel size) originate from this collection of nerves. These are the nerves that control sweating, hair follicle activity, and blood vessel size. A stellate ganglion block is an injection performed with the aid of fluoroscopy (x-ray machine) that places medication in this area.
<b>Why is it done?</b>	A stellate ganglion block may be done for conditions involved with sympathetic pain in the arms or face, such as reflex sympathetic dystrophy (RSD) also called complex regional pain syndrome (CRPS). Often, pain in the upper extremity may be non-specific (hard to describe), in which there is no known cause. A stellate ganglion block may help define the type of pain you are experiencing and which nerves are involved.
<b>How is it done?</b>	Once you are in the procedure room you will be asked to lie face up on the cushioned x-ray table. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin on the affected side next to the trachea. Next a small needle is placed into the area under direct fluoroscopy (x-ray), sterile tubing is attached to the needle and anesthetic (numbing) medication is slowly injected through the tubing. The needle and tubing are removed and a small band aid is applied.
<b>Is there any preparation?</b>	You may choose to receive conscious sedation (this would have been discussed at your office visit). Conscious sedation is medication given through an IV in your arm prior to the procedure. The medication will help you relax, but it will not put you to sleep. <b>YOU MUST NOT EAT OR DRINK AFTER MIDNIGHT BEFORE YOUR PROCEDURE. However, you may take your medication with a <u>small sip of water</u>. You must have someone available to drive you home after the procedure.</b>
<b>What to wear?</b>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<b>How long does it take?</b>	We ask that you arrive 30-45 minutes before the scheduled time of your procedure. The procedure lasts about 15 - 30 minutes, and you will be in the recovery area about 15 minutes.
<b>Risks of this procedure include, but are not limited to:</b>	<ul style="list-style-type: none"> <li>* A successful stellate ganglion block may result in a Horner's Syndrome on the involved side. This consists of: pupil constriction (decrease in size), hot/red face, red eyes and drooping eyelids. These symptoms will normally disappear within 4 - 6 hours after the block.</li> <li>* You may experience hoarseness, which should disappear in 4 - 6 hours. <b><u>Do eat or drink for 6 hours.</u></b></li> <li>* 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.</li> <li>* Bleeding, infection and/or bruising in the injection area.</li> <li>* A reaction to the local anesthetic or conscious sedation, including but not limited to: <i>allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest.</i></li> <li>* Pain in the area where the needle(s) was/were inserted, which may last for 2 - 3 days. Use ice and mild pain medication such as Motrin, Naprosyn or Tylenol for pain.</li> <li>* Temporary numbness or weakness of your arm on the involved side. This is normal. You should not drive for 24 hours.</li> <li>* Increased pain.</li> <li>* Seizure/difficulty breathing if the needle tip is placed in a blood vessel or near the spine.</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>

**Instructions Regarding Your Procedure**  
**Stellate Ganglion Block**

Will I receive a pre-procedure phone call?	A nurse from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, <b>AND</b> she will confirm your appointment. We must have <b>a verbal confirmation from you 24-48 hours prior to your procedure</b> . Failure to return our call could result in your procedure being rescheduled. The number to call us back is: (315) 703-3480
Where can I obtain more procedure information?	Please visit our website <a href="http://www.nyspineandwellness.com">www.nyspineandwellness.com</a> . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure?	<input type="checkbox"/> You <b>MUST</b> have a ride home, and your driver should remain on site. You must not drive or operate heavy machinery for 24 hours.
Can I eat Breakfast or lunch?	<input type="checkbox"/> No, <b>DO NOT EAT OR DRINK AFTER MIDNIGHT</b> . You may, however, take your medications with a <b>small sip of water</b>
Should I stop taking aspirin?	<b>If you take ASPIRIN or products containing ASPIRIN in doses greater than 325 mg/per day, you must stop taking it 7 days prior to your procedure (examples of ASPIRIN-containing products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).</b>
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, you can continue to take your aspirin for cardiac or stroke prevention, not to exceed 325mg per day.
Can I take my blood thinner? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Our provider has advised you on the number of days to hold the blood thinner you take. <input type="checkbox"/> Our provider will have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine prior to your procedure. One of our nurses will call you when we have obtained that information.
Can I take my other medications? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, except for <b>blood thinners</b> . <input type="checkbox"/> Yes, only with a <b>small sip of water,(you must not take your blood thinner)</b>
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. <b>PLEASE BE ON TIME</b> . <i>*some patients may receive a call to confirm insurance information.</i>
How long will it take?	We ask that you plan <u>1½ -3 hours</u> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
What do I bring?	You <b>must</b> bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. <b>A written</b> list of all your current medications <b>including the strength and frequency</b> you take them. Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for no shows.