

## C2 DORSAL ROOT GANGLION BLOCK

<i>What is it?</i>	A C2 Dorsal Root Ganglion Block is an injection performed on the cervical spine (neck area). A fluoroscope (x-ray machine) assists the physician in locating the nerve roots that are thought to be inflamed and contributing to your pain.
<i>Why is it done?</i>	This procedure is performed to relieve headaches that originate from the C2 level (upper neck). These headaches are located in the occipital area (back of the head), and usually to one side. An area of numbness may also be associated with this headache. Some facial pain syndromes (groups of symptoms with a common cause) may also respond to this procedure.
<i>How is it done?</i>	Prior to the start of the procedure an intravenous (IV) catheter (tube) is placed in your vein. When you are in the procedure room, you will be asked to lie on your back on a cushioned xray table. You will receive conscious sedation through your IV. Conscious sedation includes medication to help you relax, but it will not put you to sleep. A small needle is used to inject a local anesthetic (numbing medication) into the neck to numb the skin, this may sting a little. Next, a small needle is placed in the neck, in the area above the second cervical vertebrae, at the location of the exiting C2 nerve root, where the ganglion (a collection of small nerves) exists. Correct location of the needle tip is confirmed with the assistance of fluoroscopy. Then a solution of long acting local anesthetic and cortisone derivative (anti-inflammatory medication) will be injected. The needle is removed and a small band aid is applied.
<i>What to wear?</i>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home. Sometimes you may be asked to change into a hospital gown.
<i>How long will it take?</i>	Please arrive 30 minutes before your appointment time. The procedure should take 10 to 15 minutes.
<i>Can I drive home from the procedure?</i>	You will receive conscious sedation. Conscious sedation is medication given through an IV (tube) in your arm. The medication will help you relax, but it will not put you to sleep.
<i>Can I eat before?</i>	Not if you are going to receive conscious sedation. Conscious sedation is medication given through an IV (tube) in your arm. The medication will help you relax, but it will not put you to sleep. If you opt to have conscious sedation, you <b>MUST NOT EAT OR DRINK for 4 hours before</b> your procedure. You may, however, take your medication with a small sip of <b>water</b> .
<i>Can I take my medications?</i>	<b>Yes, except for blood thinners.</b>
<i>What are the possible side effects of steroid medication?</i>	Administration of steroid medication can cause side effects. They include, but not limited to: hyperglycemia (increased blood sugar), sweats, hot/cold flashes, flushing of the face, hypertension (increased blood pressure), osteoporosis, insomnia, mood swings and Cushing's Syndrome.
<i>Risks of this procedure include, but are not limited to:</i>	<ul style="list-style-type: none"> <li>* The risks of this procedure include , but are not limited to :</li> <li>* 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.</li> <li>* <i>Bleeding, seizure, infection and/or bruising in the injection area. Increased pain</i></li> <li>* A reaction to the local anesthetic, including but not limited to: allergic reaction to the anesthetic medication, loss of consciousness, depressed breathing and cardiac arrest requiring transport to the emergency room.</li> <li>* Nerve damage, paralysis, stroke and even death.</li> </ul>

**Instructions Regarding Your Procedure**  
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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.
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</b> for <b>4</b> hours before your procedure. However, you may take your medicine but only with a <b>small sip of water.</b>
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN <b>for PAIN or HEADACHES</b> , you <b>MUST STOP</b> 7 days prior to procedure. Products include but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, however you need to <u>limit the daily dose to 81 mgs per day</u> for the 7 days prior to the day of the procedure. <i>(not applicable for caudals).</i>
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 -6 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 this procedure: 1. Your current insurance information 2. <b>All</b> your current medications in <b>their original containers.</b> 3 A written list of all medications <b>including strength and frequency.</b> 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.