

### Third Occipital Nerve Block

<i>What is it?</i>	The third occipital nerve originates from the third cervical nerve root in the neck and continues over the back of the head. A third occipital nerve block is an injection performed in this area of the cervical spine (neck area). A fluoroscope (x-ray machine) assists the physician in locating the nerve roots that are inflamed and contributing to your pain.
<i>Why is it done?</i>	The third occipital nerve block is performed to relieve headaches. This headache typically originates at the back of the head and extends over the top of the head on one side. It is usually associated with arthritic inflammation or disturbance of the third occipital nerve.
<i>How is it done?</i>	When you are in the procedure room, you will be asked to lie face up on a cushioned x-ray table. A small needle is used to inject a local anesthetic (numbing medication) to numb the skin. This may sting a little. Next, with the assistance of fluoroscopy, a small needle is placed into the neck and dye is injected to confirm correct location of the needle tip and to ensure the solution injected is not being injected into a blood vessel. Multiple x-rays are taken to confirm correct position of the needle. A solution of local anesthetic (pain medication) and a cortisone derivative (anti-inflammatory medication) is then injected. The needle is removed and a small band aid is applied.
<i>Is there any preparation?</i>	You may receive conscious sedation. Prior to the start of the procedure, an intravenous (IV) catheter (tube) is placed in your vein so that you can 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</b> for <b>4</b> hours before your procedure. However, you may take your medication with a <b>small sip of water</b> .
<i>Can I drive home after the procedure?</i>	No, you must have someone drive you home.
<i>What to wear?</i>	Please wear loose, comfortable clothing. Please leave all jewelry and other valuables at home.
<i>How long does it take?</i>	We ask that you arrive 30 - 45 minutes before the scheduled time of your procedure. The procedure lasts about 15 - 30 minutes. You will be in the recovery area about 15 minutes.
<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>* Pain in the area where the needle(s) was inserted, this can last for two to three days. This can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol.</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>* 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.</li> <li>* Seizures, difficulty breathing, which may require ventilation (respirator).</li> <li>* Temporary numbness or weakness in one or both arms or legs. This is normal. You should have assistance with walking and should not drive for 24 hours.</li> <li>* Bleeding, infection or bruising in the injection area.</li> <li>* Increased pain, nerve damage, paralysis, stroke and even death.</li> </ul>

**Instructions Regarding Your Procedure**  
**Third Occipital Nerve 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? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, you can eat a light breakfast or light 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?	<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> . *some patients may receive a call to confirm insurance information.
How long will it take?	We ask that you plan <b>1½ -3 hours</b> 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.