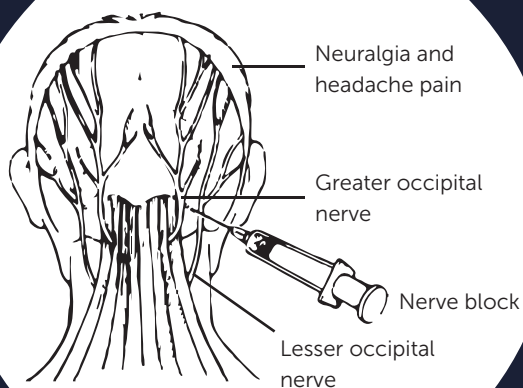


## What are Greater Occipital Nerve Blocks?

Greater Occipital Nerve Blocks are injections of local anaesthetic and steroid into the occipital nerves. Depending on your case, the specialist may also inject botulinum toxin A (Botox) into the nerves. These nerves are responsible for some headaches such as: occipital neuralgia and tension headache. These injections have been proven to have some degree of success for patients with migraines, cluster headaches, and whiplash injuries.

The injections are performed with the guidance of an ultrasound machine in the day surgery theatre.



For more Information,  
Videos and Resources,  
visit our website.

[advancedspinepain.com.au](http://advancedspinepain.com.au)

### Locations

Waratah Private Hospital  
Suite 705, Level 7, 31 Dora Street  
Hurstville NSW 2220

St Vincent's Clinic (Level 8)  
Suite 808B, 438 Victoria Street  
Darlinghurst NSW 2010

Prince of Wales Private Hospital  
Suite 24, Level 7, Barker Street  
Randwick NSW 2031

All Correspondence to  
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## Greater Occipital Nerve Block

### **What to do before the procedure?**

Organise transport home with a family member or friend as you won't be able to drive for 24 hours following your procedure.

You will be advised of your fasting and admission time.

If you are on regular medication, you may take it with a sip of water on the morning of your procedure.

Please tell your doctor if you are taking blood thinning medications because you might need to stop them.

Unable to take Diabetes medications morning of procedure.

Continue ALL of your pain medication as usual.

If you are a smoker, you are required to stop smoking a minimum of 2 hours prior to your procedure.

### **What happens at the hospital?**

When you arrive, you will be admitted to day surgery and changed into a gown.

Our Anaesthetist will provide sedation before the procedure through an IV drip.

The procedure takes around 30-40 minutes. Discomfort will be minimised by placing a local anaesthetic into your skin.

After the procedure, you will be taken to the Recovery Room where you will rest.

Keep in mind that you will be at the hospital for at least 3-4 hours in total.

### **When should I start to feel pain relief?**

It may take up to 48 hours for the Cortisone (steroid) injection to begin to work.

It can take 2 to 7 days before you start to feel pain relief.

Following your procedure, you can expect between 3 – 6 months of pain relief.

### **What happens when I go home?**

You will be discharged once there is no pain. Normal activities may resume 12 – 18 hours after the procedure once the local anaesthetic has worn off.

You may feel a small lump at the site of the injection. This will go away in the following days.

### **When to seek medical attention?**

Contact your GP or Local Emergency Department, if you experience the following:

- A temperature above 38<sup>o</sup> that does not improve.
- Fainting or dizziness.
- Pus coming out of the injection site.

### **What activities can I do after the injection?**

**In the first 24 hours:** We recommend that you rest and only participate in necessary gentle daily activities. Continue taking your prescribed medications as advised by your doctor.

**In the first 2 to 3 days:** You may experience discomfort at the injection site which you may take simple analgesics like Panadol or Nurofen.

**After 3 days:** Return to your usual activities. Your pain experiences should start to diminish.

### **How long will my pain relief last?**

This will depend on your personal circumstances but it can range from one week to several months.

Please also keep in mind that these blocks can sometimes be considered diagnostic of your pain triggers for further interventions.