

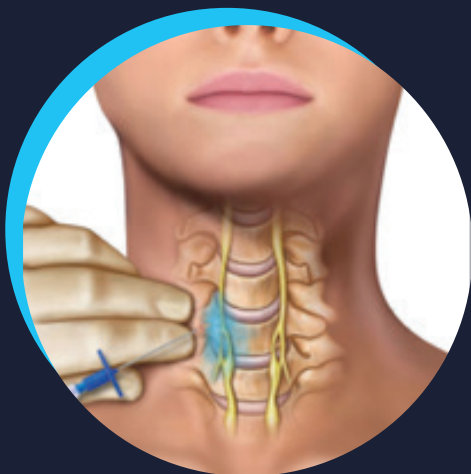
## Stellate ganglion block

Stellate ganglion block is an injection procedure to deliver anti-inflammatory medicine around the cervical sympathetic nerves. These nerves control functions like blood flow, temperature, and in certain situations, transmitting pain signals.

The medications injected are a combination of local anaesthetic with cortisone to prolong the effect of the block.

The injection is carried out with the help of a live X-ray machine and Ultrasound.

Some contrast medium may be used to verify the location of the needle.



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  
PO Box 95, Hurstville 1481

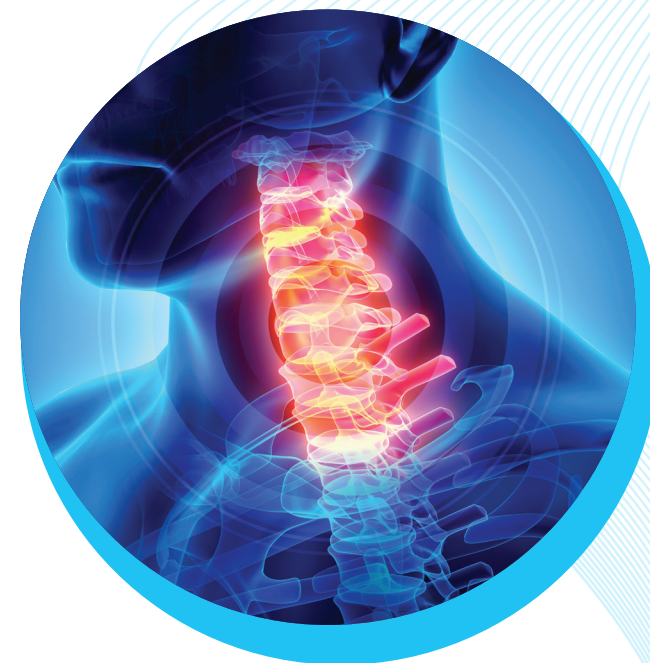
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**ADVANCED  
SPINE & PAIN**



## Stellate Ganglion Block

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

Organise transport home with a family member or friend as you will not 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.

Continue ALL of your pain medication as usual.

### **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.

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.

### **What should I expect after the procedure?**

Immediately after the injection, you may feel your arm getting warm and the pain may be significantly reduced.

You may feel "a lump in the throat" as well as experience hoarseness, a droopy and red eye and some nasal congestion on the side of the injection.

### **What happens after the procedure?**

You will be discharged once it is apparent the maximum level of pain reduction you can personally obtain is reached.

Normal activities may resume 12 - 18 hours after the procedure when the local anaesthetic has worn off.

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

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

- New shortness of breath 24 - 48 hours after the injection.
- Fever above 38°
- Swelling or any purulent secretions in the area 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 to the level of your own comfort. Your pain experiences should start to diminish.

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

This will depend on each individual. Usually, the duration of pain relief lasts 2 - 4 months.

### **How many stellate ganglion blocks do I need to have?**

Most people will need 2 to 4 blocks for maximum effect, but some may need more. The effectiveness varies from patient to patient. However, if you have a successful response you may proceed to Radiofrequency Neurotomy treatment of the stellate ganglion.