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THE SPINE & PAIN CENTER

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STELLATE GANGLION BLOCK DISCHARGE INSTRUCTIONS

ACTIVITY

- Do not drive or operate machinery today.
- Attend therapy or home therapy as prescribed.
- Resume normal activities tomorrow as tolerated.

CARE OF THE INJECTION SITE

- If you have soreness or pain, apply ice to the area today. (20 minutes on/20 minutes off)
Starting tomorrow you may use warm, moist heat or ice if needed.
- Notify the Spine and Pain Center if you have any of the following:
redness, drainage, swelling or fever above 100°F degrees.

SPECIAL INSTRUCTIONS

- **You may eat when your voice returns to normal.** Begin with sips of water and then progress to solid foods as tolerated.
- If you have **any changes** in your normal breathing pattern such as shortness of breath or pain, or swelling in your neck, go to any emergency room. Tell them you had a Stellate Ganglion Block.
- It is normal to have any of the following up to 8 hours after the procedure:
 - droopy eye bloodshot eye
 - tearing nasal stuffiness
 - hoarse voice feeling of a "lump in your throat"
 - sensation of warmth, tingling or weakness in your arm/hand
- Call the office tomorrow with a progress report.

MEDICATIONS

- Continue to take all your routine medications.
- Most blood thinners can be started according to your regular schedule, please call our office with any questions.

***If you have a problem specifically related to your procedure, please call our office at (215) 538-6430.
Problems not related to your procedure should be directed to your primary care physician.***

THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.

PATIENT SIGNATURE

NURSES SIGNATURE

DATE