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