



After your procedure

Stellate Ganglion Block

This information sheet provides some general advice on what to expect after your procedure. If you have had sedation for your procedure there are a few things you must not do for up to 24 hours.

1. Drive a vehicle
2. Drink Alcohol or smoke cigarettes
3. Make important decisions eg signing legal documents
4. Operate heavy machinery
5. Engage in strenuous activity

Please follow any additional information from the operating department staff.

What to expect/do:

- Once the local anaesthetic has worn off the sites where the needles were inserted may be uncomfortable in the first few days. This usually responds to simple pain killers like Paracetamol or the anti inflammatories (if you're ok to take them) like Ibuprofen.
- It is common for the arm/hand on that side to feel a different temperature after the block
- If you look closely at your eyelids, pupil size or corner of the mouth you may notice slight drooping or a different pupil size. This is normal after the injection and will settle within 24 hours.
- If you experience a hoarse voice or difficulty swallowing, don't continue eating or drinking till this improves. This can occur up to 12 hours after the procedure and take sips only.
- Within the first few weeks, stiffness, bruising or just feeling tender is common and the same pain killers, cold or heat packs can help.
- This procedure does not provide immediate effect and you should monitor your pain for signs of improvement over the next few weeks
- The rooms will be in contact for a follow up appointment, usually between 2-4 weeks post procedure. This injection may be repeated depending on the results
- Proceed to your normal activity when you feel ready to do so. Your doctor may specify some adjustments if required.

For any questions/concerns please contact the rooms at the contact details below.

If there are any signs of being generally unwell such as a fever, very short of breath or if the pain seems extremely severe then seek medical assistance straightaway through the rooms, your G.P. or out of hours please attend your nearest Emergency Department.

Please note, Northern Beaches Pain Management does not operate an out of hours emergency service. For medical emergency you must dial 000/attend your nearest hospital emergency department.