

# Stellate Ganglion Injection

## What is a stellate ganglion?

- The stellate ganglion is a network of nerves located in the front of the neck. You have one on each side of your neck.

## Why would this injection be helpful?

- This injection is typically ordered to help alleviate pain located in the head, neck, or arm.
- Stellate ganglion injections are also used to see if blood flow can be improved in circulation problems.

## Risks and side effects?

- Your provider will discuss risks and side effects with you at the time the procedure is ordered.
- Common short term side effects may occur including numbness, weakness, or increased pain.
- You may note increased warmth and redness of the effected side of the body, hoarseness of your voice, redness of the eye, drooping of the eyelid, and/or pupillary constriction for few hours after your procedure.

## What happens during the procedure?

- You must arrive 30 minutes prior to your scheduled appt. The nurses will ask you medical questions, have you sign your consent, and review your medications.
- You will lay on your back for the procedure.
- The nurse will monitor your vital signs throughout your procedure.
- Skin temperature monitors will be placed on both of your hands.
- Your skin will be washed with an antiseptic solution.
- Your provider will direct a small needle with local anesthetic (numbing) medication into the area. Typically this is done under ultrasound guidance.

## What happens after the procedure?

- You will go to the recovery room for monitoring until discharge criteria is met.
- Be careful swallowing after the procedure (start with sips of water), especially if you get hoarseness.
- Duration of relief is variable. It is important to keep track of the amount of relief and how long it lasts.
- Follow your discharge instructions.
- A nurse will call you the next business day after your procedure to check on you further and discuss your relief.