

STELLATE GANGLION BLOCK DISCHARGE INSTRUCTIONS

ACTIVITY

- Do not drive or operate machinery today.
- Attend therapy of 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 100F 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 484-526-7246.

Problems not related to your procedure should be directed to your primary care physician.

Allentown

501 Cetronia Road, Suite 125
Allentown, PA 18104
Fax: 833-219-0472

Anderson

1700 St. Luke's Blvd., Suite 200
Easton, PA 18045
Fax: 833-219-0473

Bethlehem

830 Ostrum Street
Bethlehem, PA 18015
Fax: 833-219-0471

East Stroudsburg

3 Parkinsons Road
East Stroudsburg, PA 18301
Fax: 833-219-0474

Lehighton

575 South 9th Street
Lehighton, PA 18235
Fax: 833-219-0477

Orwigsburg

1165 Centre Turnpike Route 61
Orwigsburg, PA 17961
Fax: 272-639-5152

Quakertown

1534 Park Avenue
Quakertown, PA 18951
Fax: 866-291-6192

Tamaqua

120 Pine Street
Tamaqua, PA 18252
Fax: 833-219-6192

Warren, NJ

Bone and Joint
755 Memoriall Pkwy., Bldg. 201
Phillipsburg, NJ 08865
Fax: 833-219-0476

Phone: 484-526-7246

THESE INSTRUCTIONS HAVE BEEN REVIEWED WITH ME.

PATIENT SIGNATURE

NURSES SIGNATURE

DATE