



# Stellate Ganglion Block Discharge Instructions

The Solution to Your Pain

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## **Things to expect:**

Increase warmth and redness of affected arm

Hoarseness

Eye redness

Drooping of eyelid

Tearing

Nasal congestion

“lump” in throat

Difficulty swallowing

These symptoms may last 4-8 hours after injection

You may have mild discomfort at the injection site following the procedure. Apply ice to the area the day of the procedure and moist heat the day after the procedure if the discomfort continues.

Contact your physician immediately if you experience an increase in pain, fever, or chills.

Have someone take you to the nearest emergency room if you experience severe swelling of your neck or difficulties breathing.

Do not drive or operate machinery for at least 24 hours after the procedure.

When your voice has returned to normal, you may eat. Start by first drinking a sip of water with a straw and gradually eat solid foods when you are able. Drink liquids through a straw for at least 3 hours after the procedure. You may resume your normal diet.

Do not engage in any strenuous activity.

You may shower or bathe without restriction.

You may remove any bandages in the evening before going to bed