

## SPHENOPALATINE GANGLION BLOCK

### **What is a Sphenopalatine Ganglion Block and why is it helpful?**

The sphenopalatine ganglion may be accessed via the nostrils of the nose and blocked with a topical application of local anesthetic. Blocking the sphenopalatine ganglion is useful in the treatment of migraine and cluster headaches.

### **What happens during the procedure?**

The patient is asked to lie on their back on a stretcher. The physician draws the tip of the nose upward and places a sterile cotton-tipped applicator soaked in a local anesthetic into one or both sides of the nose, advancing the applicator slowly until in contact with the mucosa covering the sphenopalatine ganglion. You will then be transferred to our recovery area where your blood pressure will be monitored. The applicator is left in place allowing the local anesthetic to remain in contact with the mucous membrane over the ganglion for 15 minutes. The applicators are then removed by the recovery room nurse.

### **What happens after the procedure?**

If you have experienced no relief with this procedure the doctor will discuss other treatment options with you. If you did experience relief with this block, you may be taught to self-administer the local anesthetic either with the cotton-tipped applicators or with the flexible plastic-tipped syringe.

You will be monitored by the nurse for orthostatic hypotension (blood pressure may become low and cause dizziness if positioning is changed to rapidly or abruptly) following this procedure. You will be asked to move a little more slowly than usual when changing from a lying to sitting and sitting to standing position. You will be asked if you are experiencing dizziness.

When your blood pressure is stable and you are able to walk without any dizziness you will be dismissed. A follow-up appointment will be made.

### **General Pre/Post Instructions:**

There are no food or medication restrictions prior to this procedure. You may drive yourself home after this procedure. You could expect to be in the pain clinic for 1-2 hours for this procedure. You should inform the doctor of any allergies to local anesthetics prior to this procedure. You should inform the doctor of any history of nasal polyps, tumors, or foreign bodies or tendencies for frequent nosebleeds. You may return to normal activities including work after this procedure unless instructed otherwise by your physician.

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