

Peripheral Nerve Blocks

OrthoNeuro
A Multi-Specialty Center of Excellence

What are Nerve Blocks?

A small amount anesthetic and/or steroid is injected around an irritated or inflamed nerve to reduce pain. This technique allows for a more directed treatment for some nerve related disorders when compared to oral medications or other treatments.

What Conditions Can Be Treated With Nerve Blocks?

- ❖ Occipital Neuralgia
- ❖ Carpal Tunnel Syndrome
- ❖ Peripheral Nerve Compression or Injury
- ❖ Neuromas
- ❖ Post-herpetic Neuralgia
- ❖ Ilioinguinal Neuralgia
- ❖ Meralgia Paresthetica

Are the Injections Painful?

There may be some mild to moderate temporary discomfort. This sensation may include a burning or fullness/pressure. It may be fairly intense for several seconds. This sensation resolves rapidly after the injection is over and you may experience some numbing effect for several hours. An anesthetic cold spray is used over the skin which may reduce discomfort of the injection.

What are Possible Complications?

Most patients tolerate injections well and complications are very rare. The skin over the injection sites is cleaned with alcohol to reduce risk of infection. Minor bleeding can occur. Tell your physician if you are on a blood thinner (Coumadin/Warfarin) or if you easily bruise. Any time a foreign substance is injected into the body there is the possibility of an allergic reaction. This is very unlikely to occur, especially if you have had no problems with Novocain or Lidocaine associated with dental procedures.

What Can Be Expected After the Injection Treatment?

The area injected may be sore for one to two days. Use ice on the areas to help reduce this achiness. It may take up to 24 to 36 hours to notice a reduction in pain after the injection.

Occipital Neuralgia



What is Occipital Neuralgia?

Occipital neuralgia is a disorder caused by irritation, compression or injury to the occipital nerve located in the base of the skull (the occiput). Individuals with this condition typically experience pain originating at the nape of the neck. The pain is often described as throbbing or aching and commonly radiates into the side of the head and even into the region of the eye or ear. Patients may also report abnormal sensations in the back of the head such as tingling, burning or sharp shooting pain. Palpation over an irritated occipital nerve often produces a typical headache or abnormal sensation. Occipital neuralgia can be triggered by physical or emotional stress, trauma or repeated contraction of the muscles of the neck. Similar pain in the back of the head can be associated with tension type headaches or may be from pain that starts in the neck or shoulder and travels to the head in what is called a referred pain pattern. These pain syndromes commonly coexist.



