

## Stellate Ganglion Block (SGB)

### What is a stellate ganglion?

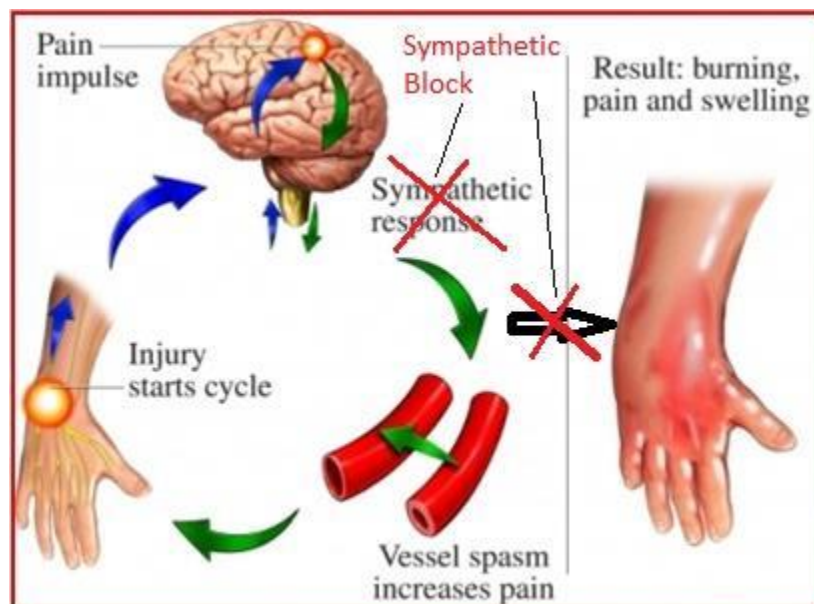
It is a complex network of nerves (Ganglion) which controls the autonomic activities for the head, face and upper extremities. It has been implicated in neuropathic pain, vascular, and visceral pain. Stellate ganglion is located anterior to C6-C7 vertebral body.

### What are the indications of SGB?

Among many indications the listed are the main indications: neuralgia, herpes zoster, PTSD, CRPS, RSD.

### How does CSPB bring pain relief?

The sympathetic nerve becomes hyperactivity due to chronic pain. With the SGB is goal is to break the cycle of pain and decrease sympathetic outflow, and thus, allow more blood flow to the area that is affected. This helps to desensitize the nerve fibers, increase blood flow, increase healing (due to increased blood flow) and decrease pain.



## What are risks for the SGB?

Among many, here are few listed rare side effects: ptosis, hoarse voice, epidural spread of local anesthetic, infection, bleeding and pneumothorax.

## How is the CSPB injection performed?

After sterile preparation of the back region, the injection site is localized under X-ray. Following the local anesthetic applied to the injection site, which can help decrease the injection site pain, the needle is guided toward the target site with the help of X-ray. After the target is localized, it can be further confirmed with liquid contrast, which can help further confirm the location of the stellate ganglion. After the Stellate ganglion is confirmed, the local anesthetic medication is injected, and the needle is taken out at the end of the procedure.



## What is expect after the procedure?

It varies from patient to patient. Usually, the pain relief can last for 4-6 weeks or more, and may require repeat the CSPB if necessary. The purpose is to desensitize the nerve fibers, decrease pain, increase blood circulation and increase healing.

**Please tell your pain physician if you are taking any blood thinners. For example: Coumadin, Plavix, Heparin, Lovenox and etc. The blood thinners need to be stopped before the interventional procedure, and the time frame will be prescribed by your pain physician.**

