



OCCIPITAL NERVE BLOCK

Definition: An occipital nerve block involves the placement of a local anesthetic and an anti-inflammatory medication close to inflamed nerves in the back of the head. From this point, the medication will block the pain message and promote the healing process.

Reasons for Treatment: Considerable experience and scientific studies have shown that this treatment is effective in relieving headaches and pain originating in the back of the head, neck and temples.

Procedure: The treatments are usually given in a series over several weeks. The nurse will assist you in the proper position. The site will be cleansed with an antiseptic solution, the area numbed and the medication administered. The treatment area is located in the back of the head outside on the bony aspect of the skull. The occipital nerves will be anesthetized with a local anesthetic and healing compound. At that time, you will experience some burning and some numbness in the back of your head. If you receive intravenous anesthesia/sedation, the procedure should be relatively painless. The nurse will monitor you for about 30 minutes after the procedure at which time we will assist you in preparing to return home. There may be some soreness at the injection site, which you should apply ice 15 minutes out of every hour for the first day. We will answer any questions that you may have and make an appointment for your next visit. Our physicians are on call 24 hours a day. If you have a problem, please contact Headache & Pain Center.



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