

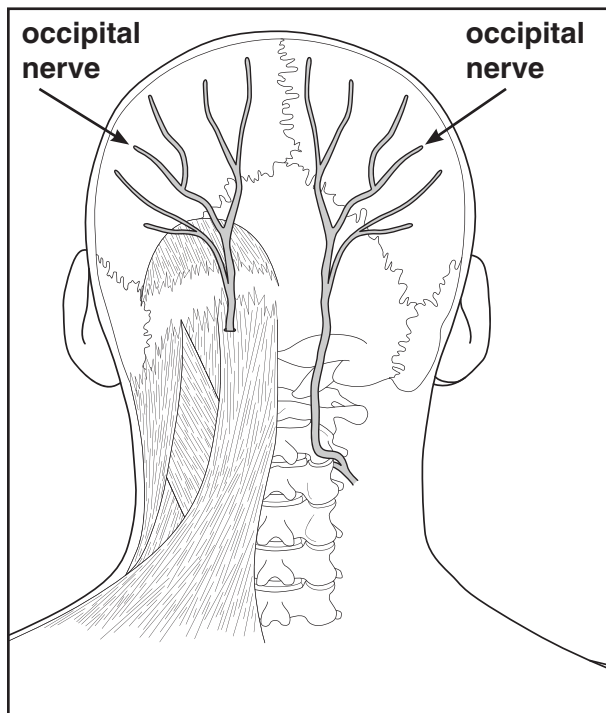
# Occipital Nerve Block

## What is an Occipital Nerve Injection?

An occipital nerve block is an injection used to numb the occipital nerve, just above your neck in the back of your head.

Pain in the nerve can be caused by migraine headaches, tension headaches or injury.

A small amount of a numbing medicine (anesthetic) — with or without a steroid — will be injected around your nerve.



© Allina Health System

**The occipital nerve is located just above your neck in the back of your head.**

## Your Appointment

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

With: \_\_\_\_\_

To cancel, please call the United Pain Center at 651-241-7246 at least 24 hours before your appointment.

## How do You Prepare?

- Arrange for someone to drive you home after the injection because you may have some numbness that could make driving difficult.
- If you take blood thinner such as warfarin (Coumadin®), heparin, clopidogrel (Plavix®) or ticlopidine (Ticlid®):
  - Call the Patient Care Line at 651-241-7365 as soon as you schedule your appointment. You will receive special directions.
- Do not eat any solid food for 6 hours before the injection.
- You may drink clear liquids up to 2 hours before the injection.
- Take your regular medicine(s) with a small sip of water.

*(over)*

## What Happens After the Injection?

- You'll be in the clinic recovery room for about 20 minutes while your nurse will watch to see if the injection is effective and check for any reactions.
- The injection site might be sore for a few days. You should ice the site 3 to 4 times a day for 20 minutes until the soreness is gone.

## Will There Be a Follow-up Appointment?

Before you leave the clinic, a nurse will review your discharge instructions and plans for follow-up.

## Are There Side Effects (Problems) From an Injection?

The most common side effect is pain where the needle went into your scalp. Please call the Patient Care Line at 651-241-7365 if you have any of these symptoms:

- warmth or redness at the injection site
- unusual swelling at the injection site
- pain that gets worse
- headache that doesn't go away
- nausea (upset stomach) or vomiting (throwing up)
- fever.

## Whom To Call With Questions

Call the Patient Care Line at 651-241-7365  
Monday through Friday from 8 a.m. to 4 p.m.