

Sphenopalatine Block

<i>What is it?</i>	A sphenopalatine block involves placing medication inside the nostrils to block the sympathetic ganglion (group of nerves) that are thought to be contributing to your pain.
<i>Why is it done?</i>	The purpose of this procedure is to treat facial pain, including atypical (unusual) facial pain, neuralgias (inflammation along the path of a nerve including the trigeminal nerve in the facial area) and TMJ (Inflammation of the temporomandibular joint in the upper jaw). The procedure may be repeated at two to three week intervals.
<i>How is it done?</i>	You will be placed on a stretcher face up. An intravenous (IV) catheter (tube) will be placed in your vein. An oxygen sensing probe will be placed on your finger, and you will be placed on a blood pressure monitor. Two or three swabs with marcaine with epinephrine will then be inserted into one or both nostrils. Marcaine with Epinephrine is used in this procedure because it is an anesthetic (kills pain) and the epinephrine is a vasoconstrictor (narrows blood vessels). The swabs will be placed near the collection of nerves inside the membranes of the nose area. The swabs stay in place for 15 - 20 minutes, and are then removed. A second set of swabs are placed and left in for an additional 15 - 20 minutes and then removed.
<i>What to wear?</i>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<i>How long does it take?</i>	We ask that you arrive 30 minutes before the scheduled time of your procedure. The procedure lasts about 30 to 45 minutes, and you will be in the recovery area about 2 hours for observation.
<i>Risks of this procedure include, but are not limited to:</i>	<ul style="list-style-type: none"> * Nosebleed * Numbness over one or both sides of the face * Increased pain * Nerve damage, paralysis, heart attack, stroke and even death.

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PLEASE SEE THE BACK FOR YOUR INSTRUCTIONS

Instructions Regarding Your Procedure
Sphenopalatine Block

Will I receive a pre-procedure phone call?	A nurse from our office will call you 24-48 hours prior to your procedure. She will ask you a few important medical questions, AND she will confirm your appointment. We must have a verbal confirmation from you 24-48 hours prior to your procedure. Failure to return our call could result in your procedure being rescheduled. The number to call us back is: (315) 703-3480
Where can I obtain more procedure information?	Please visit our website www.nyspineandwellness.com . It contains demonstrations of some of the procedures we offer. We also have other helpful information.
Can I drive home from the procedure?	Yes, you <u>MAY DRIVE HOME.</u>
Can I eat Breakfast or lunch?	Please eat a light breakfast or lunch
Should I stop taking aspirin?	If you take ASPIRIN or products containing ASPIRIN for PAIN or HEADACHES, you MUST STOP 7 days prior to procedure. Products that include aspirin but are not limited to: EXCEDRIN, FIORINAL, AND ALKA SELTZER, etc).
Can I take the aspirin prescribed for <u>cardiac</u> and or <u>stroke</u> prevention?	<input type="checkbox"/> Yes, you can continue to take your aspirin for cardiac or stroke prevention, <u>not to exceed 81 mg per day.</u>
Can I take my blood thinner? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Our provider has advised you on the number of days to hold the blood thinner you take. <input type="checkbox"/> Our provider will have to contact the Doctor who has prescribed the blood thinner for you to learn how long it is safe for you to be off the medicine prior to your procedure. One of our nurses will call you when we have obtained that information.
Can I take my other medications? <i>*the box with a check applies to you</i>	<input type="checkbox"/> Yes, except for blood thinners.
What time is my procedure?	You will receive a phone call one or two business days prior to your procedure to remind you of the time you should arrive for your procedure (usually 30-40 minutes prior to the scheduled time) and the location. PLEASE BE ON TIME. <i>*some patients may receive a call to confirm insurance information.</i>
How long will it take?	We ask that you plan <u>1½ -3 hours</u> from the time you arrive at the center to the time you are discharged. Please understand that circumstances sometimes arise that are out of our control, which cause a longer delay. Please plan accordingly.
What do I bring?	You must bring the following <u>each time</u> you have a procedure: 1. Your current insurance information 2. A written list of all your current medications including the strength and frequency you take them. Please include over the counter medication, vitamins and herbal supplements.
What shall I wear?	Please wear comfortable loose fitting clothing.
Can I wear jewelry?	No. Please leave all jewelry and other valuables at home. We are unable to store them safely. Any body- piercing jewelry must be completely removed, as this may interfere with the x-ray machine.
What do I do if I am ill or have to cancel?	Please call the office 24 hours in advance if you are unable to keep your appointment. (315) 552-6700. We do charge patients for no shows.