

Suprascapular Peripheral Nerve Injection

<i>What is it?</i>	A suprascapular peripheral nerve is an injection of a solution of cortisone (anti-inflammatory medication) and a local anesthetic (numbing medication) around certain nerves in your scapular region.
<i>Why is it done?</i>	The block is performed to diagnose the cause of your pain, or to relieve pain resulting from damage to the nerves in a specific area. Nerve damage may have resulted from prior surgery, irrecoverable injury of rotator cuff, adhesive capsulitis and rheumatoid arthritis to name a few.
<i>How is it done?</i>	A small needle is used to place a solution of cortisone (anti-inflammatory medication) and local anesthetic (medication that numbs a specific area) around certain nerves in your scapular region. Although the needle is small, the procedure can sometimes be uncomfortable since the treatment area tends to be painful. A band aid or small sterile dressing is placed after the procedure, and can be removed at your discretion.
<i>What to wear?</i>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<i>How long will it take?</i>	Please arrive 15 minutes before your appointment time. The procedure lasts about 15 min.
<i>Can I drive home from the procedure?</i>	No, you must have a ride home and your driver must remain on site.
<i>Can I eat before?</i>	Yes we encourage you to eat a normal breakfast and or lunch.
<i>Should I stop taking aspirin?</i>	No.
<i>Can I take my medications?</i>	Yes
<i>What are the possible side effects of steroid medication?</i>	Administration of steroid medication can cause side effects. They include, but not limited to: hyperglycemia (increased blood sugar), sweats, hot/cold flashes, flushing of the face, hypertension (increased blood pressure), osteoporosis, insomnia, mood swings and Cushing's Syndrome.
<i>Risks of this procedure include, but are not limited to:</i>	<ul style="list-style-type: none"> * Pain in the area where the needle(s) was/were inserted. This can last for 2 – 3 days, and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * Risks of local anesthesia include, but are not limited to: allergic reaction to the medication and soreness at the injection site, seizures and cardiac arrhythmias. * Temporary numbness or weakness in your arm. This is normal. You should have assistance with walking and should not drive for 24 hours. * Bleeding in the injection area. * Infection in the injection area. * Increased pain * Nerve damage, paralysis, stroke and even death.