Stem Cell SPECIALISTS

What to Expect After a Stellate Ganglion Block

After a stellate ganglion block (SGB) procedure, you can expect to experience temporary side effects, including:

Pain relief
You may experience pain relief immediately after the injection, or your pain may decrease.

Neck and eye
Your neck may be tender or bruised, and one eye may droop. This could affect your balance.

Voice and swallowing
Your voice may become hoarse, and you may have difficulty swallowing for a short time. It is recommended to wait to eat at least 3 to 4 hours afterwards when swallowing returns back to normal.

Arm
Your arm may feel numb or heavy, and you may need to protect it in a sling until sensation returns.

Other
You may experience nasal congestion, a flushed face, or a "lump" in your throat. You may also rarely develop a headache.

Here are some other things to keep in mind after an SGB:

- We will monitor you at the clinic for at least 30 minutes until you feel comfortable to drive.
- You should eat light meals and have your last meal at least 3 hours before bedtime.
- You should avoid alcohol on the day and evening of the SGB, and if possible, for several days after.
- You can try creating new, healthy habits like meditation, yoga, or regular exercise.