



Occipital Nerve Blocks



Migraine is a painful neurological condition that affects approximately 12 percent of the population. Four percent of the population suffers from chronic migraines. Occipital nerve blocks (ONB's) involve injecting an anesthetic into the occipital nerve, which is located in the back of the head. A study published in a 2008 issue of the journal *Headaches*; found 64 percent of patients had their migraine pain lessen in five minutes after the injection.

Frequently asked Questions:

1. What is the purpose of this procedure?

The purpose of the procedure is to manage migraines or cluster headaches.

2. Where is the occipital nerve located?

The occipital nerve is located in the back of the head, just above the neck between the first and second vertebrae.

3. How is the procedure performed?

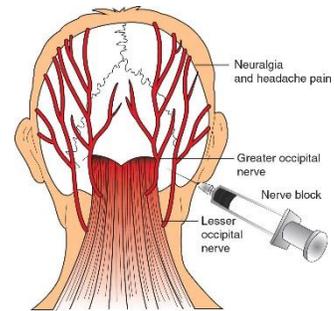
With the patient lying flat on his or her stomach, numbing medicine is placed. Local anesthetic and steroids are injected into the back of the head just above the neck with a very fine needle.

4. How much time does the procedure take?

The occipital nerve block takes just a couple minutes.

5. What medicine is injected?

A small teaspoon amount of local anesthetic and steroid is injected.



6. How long will it be before I get relief?

Depending on the amount of swelling in the nerve, some patients may feel relief instantly. Other patients may not feel relief for two to three days.

7. How long does the effect of the injection last?

The effect of the medication could last weeks or months.

8. What if the injection doesn't work?

If the patient does not feel relief from the first occipital nerve block injection within the first week or two then, a second occipital nerve block injection may be necessary. If the result of both injections lack relief, further examination will be performed to diagnose the cause of the pain. It is rare to have more than three injections in a six-month time frame.

9. What are the risks and side effects?

Like most procedures, they are not risk free and there is always a possibility of side effects. Complications of occipital nerve block injections are very rare and almost never serious.

10. Who should not have the injection?

Patients who are allergic to steroids, have active infections, have poorly controlled diabetes or heart disease should not be considered for this procedure.

For additional info and to watch informational videos on this procedure, please visit our website at:
www.mypainsolution.com

Treating  You to A Better Life.