



Occipital Nerve Block Discharge Instructions

Summary of Procedure:

A mixture of anesthetic and corticosteroid medication was injected around your occipital nerves to help reduce chronic head and neck pain. This treatment aims to alleviate pain and improve comfort, allowing you to resume your daily activities with greater ease.

Following the Procedure:

- **Temporary Relief:** You may start to feel the effects within a few days, but it may take up to 1-2 weeks to achieve its full effect.
- **Numbness or Weakness:** Some patients may experience mild numbness or muscle weakness. Take extra care when engaging in physical activities to reduce the risk of injury. Do not drive or operate machinery for the remainder of the day.
- **Activity Restrictions:** Avoid heavy lifting or strenuous activity for the next 24-48 hours.
- **Injection Site Care:** If there is soreness at the injection site, a cold compress or ice pack applied for a few minutes may help. Slight bruising or tenderness is normal. You may remove the dressing/band-aid from the site in 24 hours.
- **Medication and Diet:** Resume your usual medications as previously prescribed and continue your normal diet.

When to Contact Us or Your Physician:

- **Fever:** Greater than 101 degrees Fahrenheit
- **Persistent, Severe Pain**
- **Excessive Redness, Warmth, or Discharge:** At the injection site
- **Severe Swelling**

Emergency:

If you are experiencing a medical emergency, please go to the nearest emergency room immediately. For any concerns or questions, please contact Vitruvian Health at (616) 841-2615 or your primary care physician. Your health and safety are our top priorities.

431 Swartz Ct.
Suite 200
Ionia, MI 48846

1000 East Paris SE
Suite 221
Grand Rapids, MI 49546