



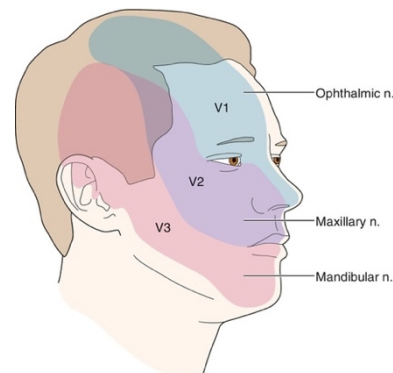
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## Sphenopalatine Ganglion Nerve Block for the Treatment of Headache

### What is a sphenopalatine ganglion nerve block?

The sphenopalatine ganglion (SPG) is associated with the trigeminal nerve, which is the major nerve involved in headache disorders. The SPG nerve is located in the back of the nose and above the back of the throat. Typical pain of the trigeminal nerve can be described as intense, sharp, superficial, or stabbing pain. Depending on the type of headache, various regions of the face can be affected. An SPG nerve block is performed to interrupt the pain signal pathways in order to temporarily or even completely resolve the pain.



### What is the purpose of a sphenopalatine ganglion nerve block?

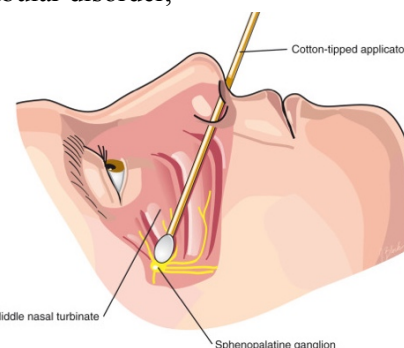
It is believed that blocking this nerve helps relieve migraine pain. Other common conditions for which the SPG can be indicated: cluster headache, trigeminal neuralgia, herpes zoster, temporomandibular disorder, vasomotor rhinitis, and some concussion related headaches.

### What should I know about the procedure?

1. This is done in the office and you will be laying down during the procedure.
2. The application of the anesthetic itself takes 15-20 minutes.
3. You do not have to be sedated.

### How long do the effects of the medication last?

The anesthetic usually provides immediate relief over the next several hours. Patients may report days, weeks, or even indefinite relief from a single block

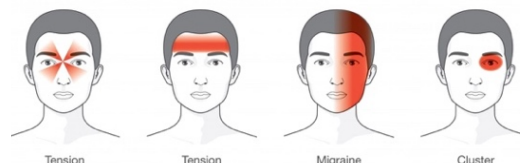


### Can I have as many sphenopalatine ganglion nerve blocks as I need?

A SPG nerve block can be performed as often as needed, or as an abortive therapy for migraines. It is our goal that it will completely resolve the headaches. It can also be used to help reduce the total number of headache episodes that a patient might experience.

### Risks and side effects:

The most common side effect is a nosebleed. Additional side effects may include the tearing of the eyes, lightheadedness, numbness at the back of the throat, or temporary pain at application site. There is a small risk of infection, or worsening of symptoms, but serious side effects and complications are very uncommon.



### Who should NOT have a sphenopalatine ganglion nerve block?

You should not have this procedure done if you have an active infection at the site of the application, if you have any allergies to the anesthetic being used, previous history of fracture to the skull, or recent surgery to the head, mouth, or sinus cavities.

*Document created by Tyler Ingersoll, OMSIV, MS; August 2019*