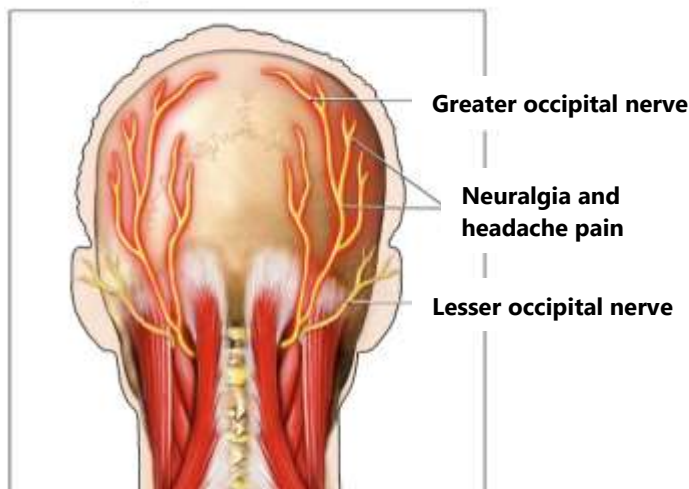


# Occipital nerve block

## Occipital nerve

The occipital nerve supplies the back and top of the head with sensations and feelings.



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## Diagram of occipital nerves on back of head

## How the block helps

The occipital nerve block can help relieve headaches that occur over the back of the head. This may include:

- Tension headaches.
- Migraine headaches.
- Occipital neuralgia.

## Before the procedure

We will call you several days before the procedure and tell you:

- Where and when to arrive.
- When to stop drinking and eating.

## Medicines and allergies

We will ask for:

- The name and dose of all the medicines your child takes.
- A list of all the allergies your child has.



Your child may need to stop taking some of the medicines before the procedure.

## How we give the block

***This takes approximately 15 to 20 minutes***

1. We will clean the back of your child's head with special soap. This helps to decrease the chance of infection.
2. The doctor then injects a small amount of numbing and steroid medicine into the area around the occipital nerve.
3. Immediately after the procedure, your child may feel pain relief. However, this initial pain relief may wear off after several hours.
4. Your child will begin to feel better when the steroid medicine starts working, usually 3 to 7 days later.

## When we cannot do this procedure

Your child cannot have this procedure if they:

- Have allergies to any of the medicines we may inject.

- Are on a blood thinning medicine such as warfarin (Coumadin®), heparin, or enoxaparin (Lovenox®).
- Have an active infection.
- Have a temperature over 101°F (degrees Fahrenheit) or 38.3°C (degrees Celsius).
- Have a low platelet count.

## Risks

Generally speaking, this procedure is safe. However, like any procedure there are risks, side effects, and possible complications. We will explain these risks to you. The risks may include, but are not limited to:

- Tenderness
- Neck spasms
- Swelling
- Bleeding at the injection site
- Infection
- Allergic reaction to the local anesthetic or medicine

## Pain Management

For contacts and locations visit:

[cookchildrens.org/services/pain-management/](https://cookchildrens.org/services/pain-management/)

or



These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.