



AFTER CARE TREATMENT GUIDELINES STELLATE GANGLION & VAGUS NERVE BLOCKS

- ******(NO submersion under water for 24 hours-ie: hot tube, bath, pool, rivers, ocean, etc..).
 - *****(prevents potential injection site infections).
- You will notice progressive hoarseness of your voice, nasal congestion, difficulty swallowing, redness of your eye, dilation of your pupil, facial flushing and heat on the side that was injected.
- Icing at the injection site for comfort if needed.
- After the swallowing returns, you may resume normal food and drink intake.

*****NOTE:** these effects are expected and temporary (typically lasting 6 hours).*******

- Activity: take it easy the day of the injection, then normal activity as tolerated.
- Repeat PCL-5 survey at your next regular follow-up visit (helps determine your response/effectiveness).
- Follow-up injection visit: next day (if you are scheduled for the opposite side, otherwise as regularly directed).

If you have questions or concerns, please contact us:
phone: (503 691-2000), email: ma@huebertssc.com, website: huebertssc.com.

*"You only have one body,
your best investment is in yourself" -Lexi H*

We wish you a rapid & healthy recovery!