

Supraorbital and Supratrochlear Nerve Blocks

What is the purpose of this procedure?

Supraorbital and supratrochlear nerve blocks may be useful to evaluate and manage forehead headaches or forehead nerve related pain. The **supraorbital** and **supratrochlear** nerves are branches of the trigeminal nerve that provide nerves to the upper eyelid, forehead and scalp. They are located above the eyebrow. Injecting local anesthetic (numbing medicine) may help reduce pain in these areas.

What are the risks associated with this procedure?

The risks are infrequent. They include:

- Fainting
- Allergic reaction to medication
- Nerve damage
- Bleeding and bruising at the injection site
- Pain at the injection site or during the injection
- Infection
- Injection of medication into a blood vessel
- No improvement or worsening of your pain in some cases

How should I prepare for the procedure?

- You may need to stop taking certain medications several days before the procedure. Please remind the doctor of all prescription and over-the-counter medications you take, including herbal and vitamin supplements. The doctor will tell you if and when you need to discontinue the medications.

- Tell the doctor if you develop a cold, fever, or flu symptoms before your scheduled appointment, or if you have started taking antibiotics for an infection.

What will happen during the procedure?

1. You will lie on the exam room table and a small area above your eyebrow is cleaned off with an alcohol swab.
2. The doctor will then direct a small needle toward these nerves. After confirming correct placement, the anesthetic solution will be injected.
3. This often causes some temporary pain and discomfort until the medication takes effect and the area goes numb.

What should I do after the procedure?

Many people feel immediate relief following the injections. As long as you are otherwise feeling ok, you may check out after your injections. If you experience any dizziness or lightheadedness, we may have you lie down for a period of time until it resolves. It is normal to feel some swelling over your eyes where the medication was injected. This will gradually resolve over the next few days. Numbness over the forehead may last 12 hours or more, but pain relief can last longer. Your response will be evaluated at your next follow-up visit.

If you would like further information including videos of procedures, please visit our website: <http://www.umpain.com/>

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