



INTERCOSTAL NERVE BLOCK

Definition: An intercostal nerve block involves the injection of an anti-inflammatory agent and a local anesthetic into the space between the ribs. From this space, the medicines can bathe the nerves close to the point of injection. The medicines will block the pain message and promote the healing process.

Reasons for Treatment: Considerable experience and scientific studies have shown that this treatment is effective in relieving pain. This particular type of block is used for many causes of chest or rib pain, including shingles.

Procedure: The treatments are most often given in a series. The nurse will explain and assist you into the proper position. The injection site will be cleansed with an antiseptic solution.

The physician will numb the area(s) to be injected, the needle position and the medicines injected. You may feel some pressure at this time. If you receive intravenous anesthesia/sedation, the procedure should be relatively painless. The nurse will turn you onto your back for about 30 minutes, allowing full distribution of the medicines and you will be continuously monitored by the nurse after the procedure. The nurse will then assist you in preparing to return home. We will answer any questions and you may make an appointment for your next visit. Our physicians are on call 24 hours a day. If you have a problem, please contact Headache and Pain Center.



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