

## Chronic Pain Clinic

# Suprascapular Nerve Block

### What is a suprascapular nerve block?

A suprascapular nerve block is an injection of local anaesthetic and steroid around the sympathetic nerves which supply the shoulder. These nerves are located behind the shoulder blade.

### Before the procedure

- Treatment takes place as an outpatient at the Ely Day Surgery Unit, Addenbrooke's Pain Clinic or Addenbrooke's Treatment Centre (ATC).
- Your stay may be for between two to four hours. It is essential that that you arrange for an adult friend or relative to collect you by car or taxi. You will not be able to use the bus or train to travel home.
- You will be asked to change into a theatre gown and your blood pressure and pulse will be recorded.
- Your doctor will then discuss the procedure with you and ask you to sign a consent form.

### The procedure

**This information leaflet is to be read in conjunction with the leaflet titled 'Advice to be read before your Pain Clinic injection treatment'.**

- In the treatment room you may have a small needle (Cannula) placed in the back of your hand. This allows the doctor to give you sedation and/ or intravenous fluids if necessary.
- Once you are sitting in the correct position, the doctor will clean your shoulder blade area with an antiseptic solution which can feel very cold.
- Local anaesthetic is injected into your back, which may feel very cold.
- A needle will then be placed in position and the steroid and local anaesthetic introduced.

## Following the injection

- After the procedure you will be taken to the recovery area where the nursing staff will carry out observations of blood pressure, pulse etc.
- If you have had sedation, you may still feel drowsy and wish to sleep.
- Your shoulder may feel strange and a little numb, this is perfectly normal.
- You will lay flat for about 30 minutes and then be assisted to sit up and offered light refreshment.
- Your blood pressure and pulse will be checked frequently.
- Before you leave, the doctor will see you again and ask a few questions about your pain and any effects that the injection may have had.

**Please ensure that you have arranged for someone to drive you home after this procedure. Failure to do so will result in your procedure being cancelled.**

**If you have had sedation, we recommend that you arrange for someone to stay with you overnight and that you do not drive for 24 hours.**

## Possible side effects

- Your blood pressure may be low after nerve block procedures, but the nurses will check it regularly and before you go home.
- Unfortunately no procedure is risk free. Long term side effects and complications are uncommon but they can occur. The doctor will discuss with you all potential side effects and complications prior to the procedure.

## What to expect afterwards

- You may experience aching in the shoulder and shoulder blade area from the injection site after a suprascapular block.
- Take your regular pain killers as normal.
- Try to keep on the move about the house but do not do anything too strenuous.
- As your pain decreases, you should try to gently increase your exercise. Simple activities like a daily walk, using an exercise bike or swimming on your back will help to improve your muscle tone and strengthen your back. The best way is to increase your activity slowly.
- Try not to overdo things on a good day so that you end up paying for it with more pain the following day.

## Follow up

- A letter will be sent to your GP and a further appointment to see your pain consultant will be posted to you.

## Points to remember

- Please bring your glasses if you need them for reading
- Always bring a list of all current medication.
- Continue taking all your usual medication on treatment day unless advised to omit anything by the Pain Clinic.
- If there is any possibility you may be pregnant please inform the doctor or nurse.

## Additional Information

The information in this leaflet is not intended to replace your doctor's advice. If you require more information or have any questions please speak to your doctor or contact the Pain Clinic (The number below is generally manned 08:00 to 17:00 Monday to Friday; there is an answer machine out of hours, please leave a message and we will return your call).

**Telephone number: 01223 217796**



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

### Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk)

### Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশন' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা [patient.information@addenbrookes.nhs.uk](mailto:patient.information@addenbrookes.nhs.uk) ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

## Document history

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