NEUROLOGY GROUP of BERGEN COUNTY

Nerve Block

A nerve block is an injection of a local anesthetic and steroid medication around a specific nerve to block the signals in that nerve. This is done to help diagnose the cause of your pain as well as to provide relief from nerve pain.

No particular preparation is needed prior to the procedure. Take all of your regular medications. If you are diabetic or taking any type of blood thinning medication, please notify our office prior to the procedure. Please call us as soon as possible if you have any bleeding disorders or if you have a cold, fever, the flu or other infection.

What happens during the procedure?

You will either be lying on your stomach or sitting up in a chair, depending on the nerve being blocked. For some nerve blocks, the doctor may use an ultrasound machine to help identify the proper site for injection. The area will be cleansed with an antiseptic solution. The doctor will place the needle at the site and inject the anesthetic/steroid medication.

The procedure will take approximately 10 to 20 minutes.

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