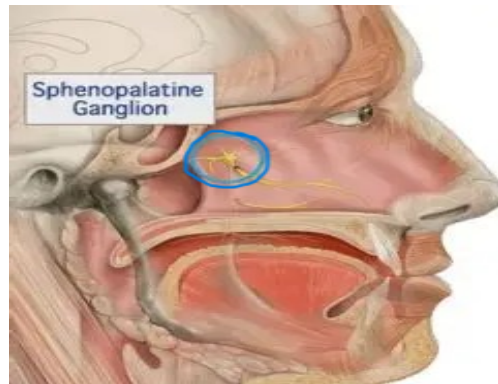


At-Home Sphenopalatine Ganglion (SPG) Block

What is an SPG block?

The SPG is a bundle of nerves located at the back of your nose.



These nerves help carry pain signals from your face and head to your brain. Putting a small amount of numbing medicine on the mucous membranes over the SPG can temporarily “turn down” those signals and provide quick relief from some types of head and facial pain. SPG blocks are most effective for pain located behind the eyes, forehead, or temples; they are less effective for pain at the back of the head.

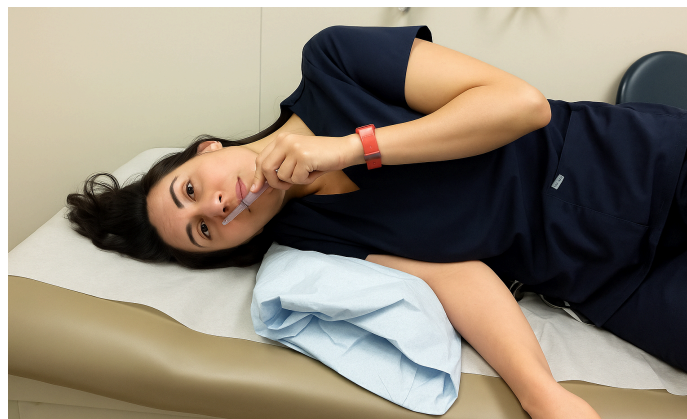
Information you should know:

The lidocaine will go in your nostril on **the same side as your headache**. You can apply to both sides if your headache is on both sides.

If you have an aura prior to your headache, you may use lidocaine during the aura phase on the side that you anticipate getting the headache.

Step-by-step instructions:

1. **PREPARE:**
 - **Blow your nose** gently and wash your hands.
 - Draw up **1 mL** of viscous lidocaine into the syringe. Small air bubbles are OK.
2. **POSITION:**
 - Lie down on your painful side with knees bent and with your lower shoulder on the back of a firm pillow. Tilt your head back and rotate it upward about 30 degrees toward the ceiling:



3. **INSTILL LIDOCAINE:**

- Gently insert the syringe tip into the lower nostril as far as comfortable, pointing it toward the outer (lateral) side of your nose. Instill the entire 1 mL of lidocaine.
- Remove the syringe, then
- **Sniff sharply but without too much force** so the lidocaine reaches the back of your nose but **do not swallow**.

4. You may feel burning, numbness or tearing from your eye. This is normal.

5. **WAIT:**

Stay in the same position for **2–3 minutes** (some people wait up to 10 minutes). If the headache is on both sides, roll onto your other side and repeat the procedure on that nostril.

6. **GET UP:**

- When you sit up, leftover medicine may drip into your throat. It will taste bitter and can numb your throat. **Do not eat or drink until the numbness goes away** to avoid choking.

7. **Repeat if needed:** You may repeat the block up to **4 times per day**. If your headache returns, you can repeat the lidocaine in 1 hour.

What to expect:

- Many people feel numbness or tingling in the nose, throat or eye and may have a bitter taste or tearing; these effects are actually good! They mean the medicine has reached the right area and usually resolves within an hour.
- Do not use it if you have an allergy to local anesthetics, nasal infection, severe nasal septal deviation or recent nasal surgery.
- If you are pregnant or breastfeeding, discuss with your OB/GYN first.
- Local anesthetics can cause dizziness or lightheadedness. Avoid driving or operating machinery for at least **30 minutes** after the block and until you know how you respond.
- Contact your healthcare provider if you experience mild nosebleeds, rash, persistent numbness.
If you experience difficulty breathing, severe unstoppable nosebleeding or if you have heart palpitations, call 911.

If you are using a compounded lidocaine nasal spray:

- You would perform the procedure just as described above, except that instead of drawing the medicine up with a syringe, you would simply insert the spray tip in your nose in a similar fashion and spray 1-2 times, letting the liquid drop down the back of your nose.
- Lidocaine sprays are easier to carry with you when traveling or away from home but may be less effective at delivering the lidocaine to the specific spot it needs to reach

