

# Lewis Headache Center

## Occipital and Trigeminal Nerve Block Injections

### What type of headache is this used for?

Occipital and trigeminal nerve blocks are used in the treatment of several headache disorders like occipital neuralgia, trigeminal neuralgia, migraine, cluster headache, new daily persistent headache, and tension headache. Typically, patients can feel pain at the base of their heads that can move towards the forehead. Pain can also occur in the face, over the eyebrows and by the ear.

### How does the injection work, and how long will it last?

The injection is a local numbing medicine, typically bupivacaine, used to calm nerves in the pain area. This injection works to decrease the pain signals that can cause head and face pain. You can expect the area to feel numb for 4-6 hours. After the numbness wears off, you will be able to feel the area. The average improvement that patients experience from these procedures is 3 months. The procedure may need to be repeated sooner depending on if it helps.

### Are there any side effects?

There are only a few reasons not to do nerve blocks, and are overall very safe, well tolerated. Nerve blocks do not interact with any oral medications. You will be able to drive after this procedure. Please tell your provider if you are currently pregnant or breastfeeding, as lidocaine will be used instead of bupivacaine.

### What does it feel like?

You may experience some discomfort during the procedure, but it is very brief. You may feel a burning and pressure sensation at the location of the injection. This sensation is temporary and will resolve within a few seconds to minutes.

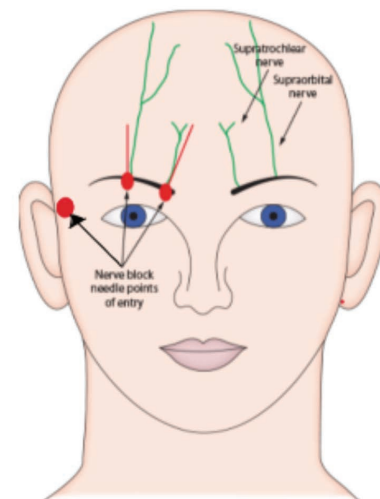
### How long does it take?

Your appointment for a nerve block will be 15 minutes. Please ask any questions you may have about the procedure during this time. Each injection takes 3-5 seconds to complete. If you would like to further discuss your head pain treatments and symptoms, follow-up appointment may be helpful.

### Where is the injection?

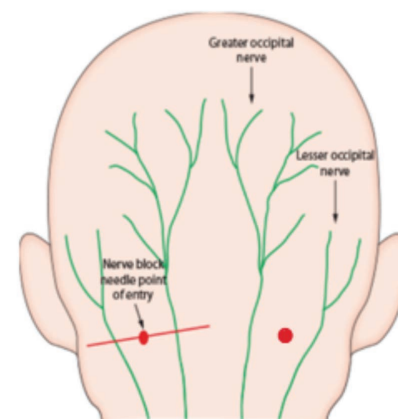
Please refer to the diagrams below for the locations of each nerve block. Your provider may change these locations depending on the location of your pain.

#### Trigeminal Nerve Block



— Areas of infiltration

#### Occipital Nerve Block



— Areas of infiltration