

### Supplies Needed

- Green angiocath tips – for in the nose
- Red blunt needles – for drawing up medicine from vial into syringe
- Q-tips (long or regular)
- 5 mL syringes (might be prefilled with viscous lidocaine)
- 3 mL syringes
- 2 vials of 1% lidocaine solution (10 mL each vial) – may need to call different pharmacies as this is difficult to get
- ~20 mL of viscous lidocaine (might be in syringes already) - may need to call different pharmacies as this is difficult to get
- Suckers with stick (to avoid choking risk)



*Store in a safe place and keep away from pets.*



### Frequency

To be performed 2x/week for 6 weeks and after that **as needed**.

### Goal

Decrease frequency, severity, and duration of facial pain.

### Procedure

1. Lay down with head tilted (ideally on bed or couch)
2. Numb nose
  - a. Shake viscous lidocaine prior to use
  - b. Use jelly (viscous) lidocaine (in big syringe)
  - c. Dip the jelly onto Q-tip and rub in nose around affected pain side(s)
3. Wait 10 minutes
4. Put red needle into lidocaine glass vial
5. Attach syringe to the red needle and flip upside down in air
6. Draw up 1 mL in 3 mL syringe
7. Detach the red needle from the syringe and leave in the lidocaine bottle
8. Attach green tip
9. Drip viscous lidocaine into green tip to help glide
10. Put green tip into nose until green tip is inside nose
11. Drip 1 mL into nostril slowly
12. Draw up 1 mL again by disconnecting green and attaching red needle into syringe
13. Detach syringe from red needle
14. Attach green tip
15. Drip 1 mL into other nostril slowly
16. Wait 10 min staying in that position
16. Get up slowly, drink water to rinse out mouth

**For more information, please watch this video:**

Sphenopalatine Block demonstrated by Karissa Secora, PA  
[youtube.com/watch?v=m9DBL0iPcD4](https://www.youtube.com/watch?v=m9DBL0iPcD4)

