Occipital Nerve Block

Procedure Note: Bilateral Greater Occipital Nerve Block

Indications: severe bilateral occipital pain

Informed consent was obtained (explaining the procedure and risks and benefits of procedure) from patient: the signed consent form was placed in the medical record.

A time out was completed, verifying correct patient, procedure, site, positioning, and implants or special equipment.

Patient's left occipital area was palpated to identify location of greater occipital nerve. Alcohol was applied topically to the skin. Using a 27 gauge needle (aspirating during insertion), 2.5 cc of a mixture of dexamethosone, 1% lidocaine and bupivicaine (1cc, 2cc, 2cc respectively drawn up into syringe) was injected on the left side (directing needle to center, left and right of painful focus). Pressure with a gauze pad was held briefly upon the site of puncture to minimize bleeding and to further spread anaesthetic subcutaneously. The procedure was repeated on the right side, injecting a further 2.5 cc on that side.

There were no complications. Patient was comfortable and left without complaint.