



Stellate Ganglion Nerve Block

PATIENT INFORMATION & PROCEDURE GUIDE

Understanding The Procedure

A Stellate Ganglion Block (SGB) is an **advanced, minimally invasive procedure** targeting the stellate ganglion, a collection of sympathetic nerves located in the lower neck. While traditionally used for chronic pain syndromes, SGB is increasingly utilized as a **powerful tool for modulating the "fight-or-flight" response** in patients experiencing severe, treatment-resistant neuropsychiatric symptoms, such as severe anxiety, panic, hypervigilance, and trauma-induced autonomic dysregulation.

Therapeutic Benefits

- **Autonomic Nervous System Reset:** Chronic stress or trauma can leave the sympathetic nervous system locked in a permanent state of high alert. SGB temporarily blocks these overactive nerve pathways, effectively acting as a hardware "reset" to restore autonomic balance.
- **Rapid Symptom Relief:** Many patients experience a **profound and rapid reduction in physical trauma symptoms**—such as a racing heart, chronic hypervigilance, night terrors, and sudden panic surges—often within hours of the procedure.
- **Long-Term Neuroplasticity:** By providing a prolonged window of physical calm, SGB can break the cycle of persistent nervous system overload, allowing traditional psychological therapies and lifestyle interventions to become significantly more effective.

How the Block Creates a Therapeutic Reset

Stellate Ganglion Block (SGB) offers a rapid structural reset compared to traditional psychiatric medications, which manage symptoms chemically over weeks. Key points include:

- **Breaking the Loop:** The injection interrupts "fight-or-flight" signals between the body and brain.
- **The Reboot Effect:** Similar to rebooting a computer, it resets the overactive nervous system.
- **Calming the Amygdala:** Inducing deep calm signals to the amygdala that danger has passed, breaking the chronic survival loop.
- **A Window for Neuroplasticity:** Creates a lasting state of calm, allowing the brain to rewire and enhancing the effectiveness of therapies like EMDR.

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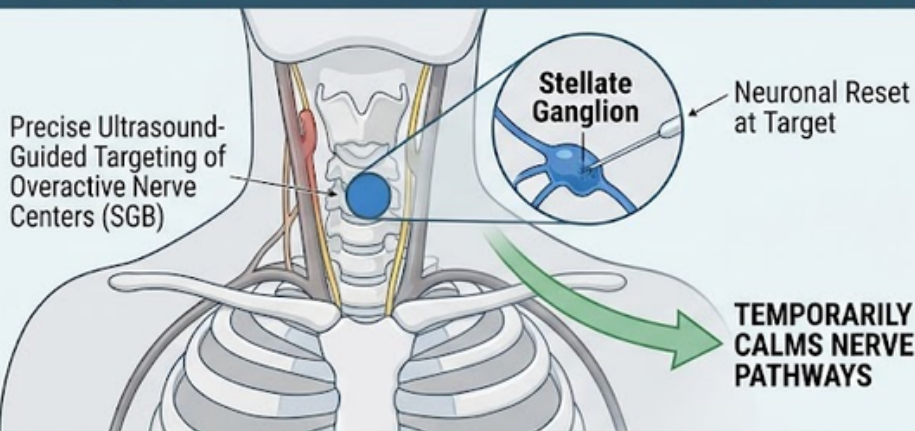
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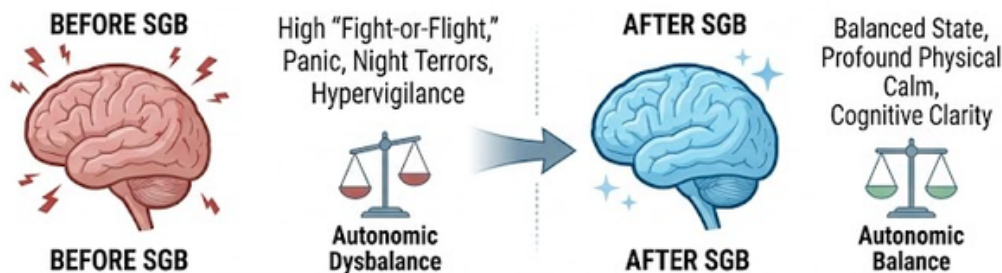
SGB (STELLATE GANGLION BLOCK) FOR PSYCHOLOGICAL WELLNESS



PATHWAY TO LONG-TERM WELLNESS

- 1 **RESET**
SGB provides extended "Physical Relief Window."
- 2 **INTEGRATE**
Enhances effectiveness of existing mental health therapies and lifestyle efforts.
- 3 **CHANGE**
Promotes neuroplasticity and lasting positive cognitive changes. Break the Neuro-Overload Cycle.

THERAPEUTIC BENEFITS



ULTRASOUND



What to Expect During the Procedure

- Comfort & Setting:** The procedure occurs in a comfortable outpatient clinic with local numbing and optional light sedation for an anxiety-free experience.
- Patient Support System:** Family or friends can accompany and support you during the injection, as per your choice.
- Duration:** The injection takes 10 minutes, followed by a 15–30 minute observation period.
- Immediate Post-Block Indicators:** A successful block may cause temporary Horner's Syndrome symptoms (drooping eyelid, constricted pupil, bloodshot eye), which resolve within hours as the anesthetic wears off.

Anticipated Outcomes & Next Steps

- Windows of Calm:** After the numbing agent wears off, patients often experience immediate relaxation and mental clarity.
- Durability:** Although the anesthetic metabolizes in hours, the sympathetic system's reset can offer long-term relief for months.
- Comprehensive Care:** SGB works best as part of a broader care plan, with our practice collaborating with mental health providers for effective long-term healing.

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