TMJ & Sleep Therapy Centre of Utah

AFTER YOUR SPHENOPALATINE GANGLION (SPG) BLOCK

Post-treatment guidance following your intranasal SphenoCath procedure

ACTIVITY	TEMPORARY EFFECTS	RESPONSE
Take it easy today	Numbness usually 1-2 hours	Track relief for 14 days

REST, EATING & THE FIRST FEW HOURS

- **Rest for the remainder of the day.** Avoid strenuous exercise, heavy lifting, or other vigorous activity for several hours. You can typically resume normal activity tomorrow if you feel well.
- **Wait for normal swallowing sensation before eating.** Throat, palate, nasal, or lip numbness may last 1-2 hours. Once it is wearing off, begin with small sips of fluid and eat carefully.
- **Do not drive if you feel dizzy, drowsy, unsteady, or visually altered.** Wait until you feel completely normal. Follow any additional restriction if a sedating medication was used.

WHAT YOU MAY NOTICE

- **A bitter or medicinal taste is common.** Numbing medicine can drain toward the back of the throat and may briefly cause throat numbness or an unusual swallowing sensation.
- **Mild nasal or throat discomfort can occur.** Tearing, runny nose, nasal pressure, mild burning, facial warmth, nausea, dizziness, or a small amount of blood-tinged nasal drainage can occur and should be temporary.
- **Hydrate once the throat numbness subsides.** If your nose or throat is irritated, avoid very hot drinks, spicy foods, and alcohol for several hours.

RESPONSE, MEDICATIONS & FOLLOW-UP

- **Continue your usual prescribed medications unless we tell you otherwise.** An SPG block does not automatically replace your regular headache, facial-pain, or other prescribed treatment plan.
- **Track your response for the next 14 days.** Record your pain or headache level, degree of relief, when relief begins, how long it lasts, and when symptoms recur. Bring or send the log at follow-up.
- **Response can vary from one treatment to another.** Some patients improve within minutes; the amount and duration of relief vary. Depending on your response, repeat SPG blocks or another next treatment step may be recommended.

PLEASE CALL OUR OFFICE

- **Contact us for** persistent or heavy nosebleeding, unusual nasal drainage, worsening pain or headache, fever or chills, progressive facial swelling, persistent unusual numbness, or new visual changes.

  If you develop difficulty breathing, facial or tongue swelling, severe allergic symptoms, fainting, confusion, weakness, or another medical emergency, call 911 or seek emergency care immediately.

Questions? 385-446-4947 | tmjsleeputah.com

Breathe • Sleep • Heal • Live

These instructions provide general guidance. Follow any individualized instructions given by your clinician.

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14-DAY HEADACHE / PAIN RESPONSE LOG

Use this page to help us understand the amount and duration of your response after treatment.

How to use the log: Once each day, record your typical pain/headache level (0 = none, 10 = worst), approximate relief compared with before the block, and any useful notes such as when symptoms returned, medication needed, or changes in function.

DAY	PAIN / HEADACHE 0-10	RELIEF %	DURATION / NOTES
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			
Day 8			
Day 9			
Day 10			
Day 11			
Day 12			
Day 13			
Day 14			

Bring this log to your follow-up appointment or send it to our office as directed.

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