

Occipital Block

If you are living with chronic, unmanageable migraines, occipital nerve blocks can provide significant relief. This minimally invasive procedure uses a local anesthetic to block pain signals from the occipital nerves, reducing the frequency and severity of migraine headaches.

Our physicians at Vitruvian Health are experts in diagnosing and treating chronic migraines. We offer personalized treatment plans tailored to your specific needs, helping you return to the activities you enjoy.



Targeted Relief: Occipital nerve blocks specifically target the occipital nerves at the base of the skull, which are often involved in chronic migraine and headache pain.



Quick Procedure: The procedure is minimally invasive and typically takes only a few minutes to perform, providing almost immediate relief from pain.



Dual Benefit: Occipital nerve blocks not only help in diagnosing the source of headache pain but also provide therapeutic relief, reducing both the frequency and intensity of migraines.



Long-Lasting Effects: The pain relief from an occipital nerve block can last for several weeks to months, making it a valuable option for those with chronic headaches.



Minimal Side Effects: The procedure has minimal side effects, with most patients experiencing only minor discomfort or soreness at the injection site, which typically resolves quickly.



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Definition: Occipital nerve blocks are highly effective, minimally invasive procedures designed to reduce the frequency and severity of chronic migraines and headaches. This treatment involves the injection of a local anesthetic and sometimes steroids into the occipital nerves at the base of the skull to block pain signals.

Procedure:

- **Preparation:** The patient is positioned comfortably to allow easy access to the occipital nerves.
- **Injection Sites:** The anesthetic is injected into specific areas at the base of the skull where the occipital nerves are located.
- **Guidance:** The physician uses their expertise and, if necessary, imaging guidance to accurately target the occipital nerves.
- **Duration:** Each session lasts about 5-15 minutes and is conducted on an outpatient basis, allowing the patient to go home the same day.

Frequency:

- Occipital nerve blocks can be administered as needed, typically every few weeks to months, depending on the patient's response to the treatment and the severity of their migraines.
- Most patients may require a series of treatments to achieve optimal results.

Expected Results:

- Patients often notice a reduction in the number and severity of migraine days within a few days after the injections.
- The effects typically last for several weeks to months, with significant pain relief and improved quality of life.
- Many patients experience fewer migraine days per month, less intense pain during migraines, and a decrease in other symptoms such as nausea and sensitivity to light and sound.

Follow-Up:

- A follow-up appointment is usually scheduled to assess the effectiveness of the treatment and to plan for future injections if necessary.
- Most patients can resume their normal activities immediately after the procedure, although it is advisable to avoid strenuous activities for the rest of the day.
- Regular follow-up appointments help ensure the continued effectiveness of the treatment and allow adjustments to the treatment plan as needed.

Benefits:

- Occipital nerve blocks provide a non-surgical option for chronic migraine sufferers.
- By reducing the frequency and severity of migraines, patients can experience significant improvements in their daily functioning and overall well-being.
- This treatment can be a valuable part of a comprehensive migraine management plan, including lifestyle modifications and other medical treatments.

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