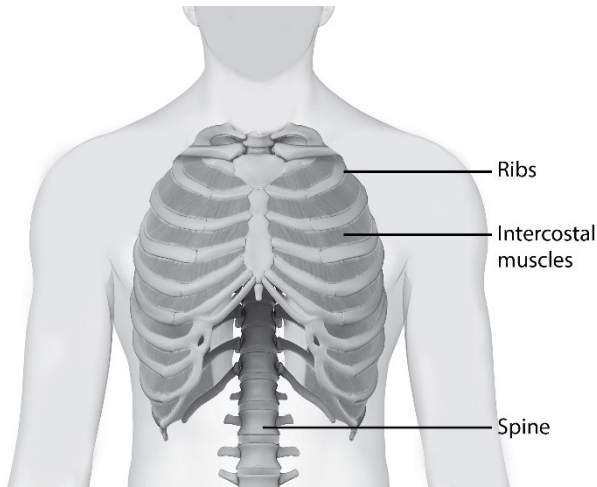


## Intercostal Nerve Block

### What is an intercostal nerve block?

It is a shot that helps stop or “block” pain in the ribs, upper back, and chest. The word “intercostal” refers to the muscles between your ribs. The shot has medicine to numb the nerve that sends pain messages. Sometimes another medicine is used too. For example, you may also get a steroid that helps if the nerve is swollen or inflamed.



*The human body*

### How is it done?

- You will lie on an exam table and your doctor will clean your skin.
- Your nurse or doctor will use a gel and an ultrasound machine to find the nerve.
- Your doctor will use a small needle with medicine to numb the skin around the nerve.
- When your skin is numb, your doctor will give you the medicine that blocks the pain.

### What are the risks?

The chance of something going wrong is very small. But it is important that you know possible risks.

- Bruising where you got the shot
- Bleeding where you got the shot
- Nerve injury
- Allergic reaction to the numbing medicine
- Infection
- More pain
- Inflammation
- Damage to the lung (collapsed lung) from the needle. Ask your doctor if you have any questions about these risks.

### What happens after the procedure?

The numbness on your skin will wear off in 6 to 12 hours. You may not feel the medicines in the block for 3 to 7 days. If you still have some pain, it is alright to take your normal pain medicine.

If the block does not help your pain, please let us know.

## Supportive Oncology and Survivorship

Clinic Scheduling Line: 801-213-4266 • Nurse Line: 801-585-0157