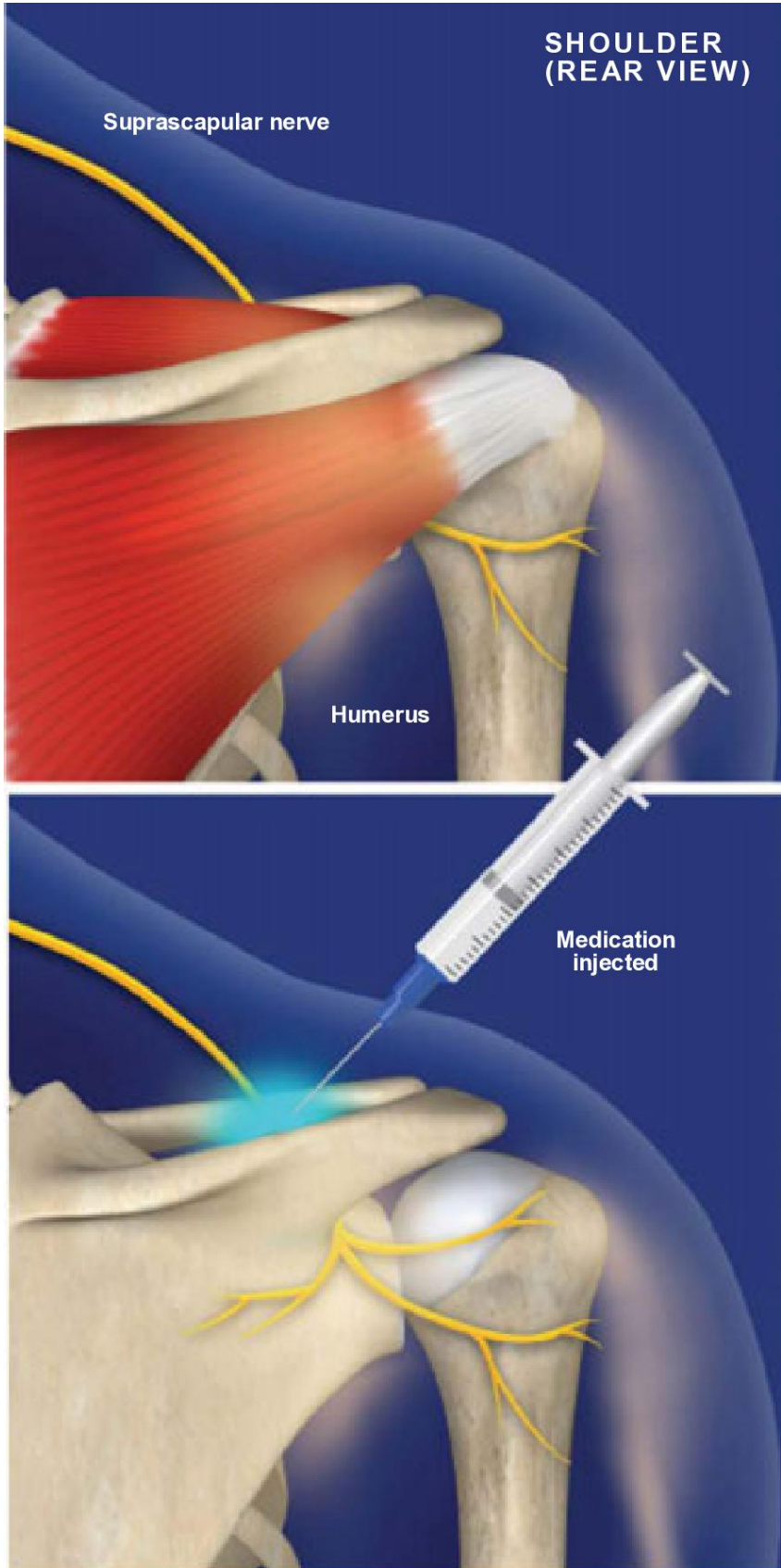




Suprascapular Nerve Block (SSN)



Overview

This is an injection of numbing medicine into the shoulder. It blocks pain signals from the suprascapular nerve (one of the shoulder's major nerves). The injection helps us diagnose or manage conditions like arthritis and frozen shoulder. We also do it to control the pain of surgery.

Preparation

To begin, you sit or lie down. We inject some medicine to numb your skin and tissue. Then, we push a larger needle through this numbed tissue. There are a few methods to guide the needle. We could use an ultrasound wand held against your skin. Or, we may use a video x-ray device called a "fluoroscope." It gives us a clear view of the needle inside your body. We carefully guide the needle to the suprascapular nerve. If we're using a fluoroscope, we may inject some contrast dye to make sure it's placed correctly.

The injection

Now, we may inject a little bit of numbing medicine as a test. If you feel pain relief, we know this nerve is a source of your pain. To give you long-lasting relief, we can inject medicine that blocks pain and reduces inflammation.

Conclusion

When it's done, we put a small bandage on your skin. We watch you for a brief time, then you can go home. It may take a few days or longer for the medicine to give you full relief. Follow your care plan during this time.