

# INTERCOSTAL NERVE BLOCK

## What is an intercostal nerve block?

An intercostal nerve block delivers local anesthetic and steroids around the intercostal nerves, located under each rib. The local anesthetic numbs the area while the steroid aims to reduce inflammation and agitation of tissue around the intercostal nerves to reduce pain. If the nerve block is successful in reducing pain, you may be a strong candidate for an intercostal nerve ablation.

## What does it treat?

Intercostal nerve blocks are a great way to reduce pain in the chest associated with:

- ◆ Rib fractures
- ◆ Neuropathic pain in the chest associated with herpes zoster or shingles
- ◆ Formation of scar tissue after surgery
- ◆ Mastectomies
- ◆ Somatic pain secondary to metastatic cancer to the ribs



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## What to expect:

During an intercostal nerve block, the doctor uses fluoroscopic (x-ray) or ultrasound guidance to guide a needle to target the area of intercostal nerves and injects an anesthetic to numb pain.

One nerve site may be blocked, or the injection may be performed at different sites along the nerve.



## Ask Your Synergy Team

If you have questions regarding this or any other treatment option, just ask! Synergy brings together the best from multiple disciplines to provide a variety of treatment options. You have a team of specialists, focusing on your unique condition, and working together to develop the best possible solution.

[SynergyHealthCareSolutions.com](https://www.SynergyHealthCareSolutions.com)

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