

Ganglion Impar Block

Ganglion impar blocks are intended to relieve chronic coccyx pain or tailbone pain. The goal is to reduce swelling, inflammation and pain by injecting a steroid medication along with an anesthetic agent.

Conditions treated

You may benefit from a ganglion impar block if you suffer from:

- Tailbone pain
- Dyspareunia
- Rectal pain

Duration

Less than 30 minutes

How is it performed?

Prior to the steroid injection, the injection site will be cleaned and local anesthetic will be used to numb the area. To ensure proper needle placement, the physician will use x-ray technology when inserting the needle. While lying on your stomach, the needle is inserted through the sacral coccygeal ligament. Once the correct position is confirmed, a mixture of numbing medicine and steroid is injected. Your vital signs will be monitored for the duration of the procedure.

Prior to your procedure

You should continue taking all medications except blood thinners before the procedure. Please see your medication handout to know when to hold and resume these medications.

What are some of the risks and side effects?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- Bowel perforation
- Increased pain
- Infection
- Weakness in legs
- Difficulty urinating

What to expect after the procedure

You may feel a weak or numb sensation in the legs where the medication was injected. As the numbing medication wears off over the first couple of days, you may experience an increase in pain.

Once the steroid begins to work, you should experience pain relief. Ice is typically more helpful than heat during the first few days after the injection. Some people require more than one injection to get maximum relief.

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You should not drive or engage in physical activity for 24 hours following the procedure.

You should resume all medications and regular eating habits immediately. Please see your medication handout for instructions on resuming blood thinners or ask your doctor.

You should call your doctor if you experience a fever over 101 within 72 hours of the procedure.

