



REGIONAL NERVE BLOCKS INFORMATION AND INSTRUCTIONS

In an attempt to reduce your pain and discomfort immediately following your surgery, you have received a regional or peripheral nerve block. Though not necessary, blocks will hopefully allow you to be more comfortable in the recovery room, and have a more comfortable trip home after surgery.

Additionally, you should know:

- Blocks will last a variable amount of time. Some may last as long as 24 hours. If it lasts longer than 48 hours, please let us know. If it lasts less than 6 hours, that is unfortunate but not concerning.
- There may be some discomfort at the injection site. Usually this is described as an “ache,” and there may be some local redness. Your pain medicine and icing the injection site will be helpful.
- As the block wears off you will feel tingling in your fingers, forearm, toes or calf first. The block will wear off slowly towards your trunk. When you first feel this you should begin to take your pain medicine given to you. Once you feel it wearing off it will completely be worn off within an hour.
- Your limb will also be numb to Hot and Cold objects. Take care when icing or warming your limb while the block is functioning.
- Often times the block may begin to wear off during the night. Taking a dose of pain medication before going off to sleep may help you get full night's sleep.
- After the block wears off your pain medicine should be adequate to control your post-operative pain.