

NERVE BLOCK INSTRUCTIONS

PURPOSE OF A NERVE BLOCK

You may receive a nerve block during your surgery to provide you with post-operative pain control. The nerve block takes away your ability to move the affected limb, feel pressure, and sensation to touch and temperature.

TYPES OF NERVE BLOCKS

UPPER BODY:	Interscalene	Infraclavicular	Axillary	Beir
LOWER BODY:	Femoral	Popliteal	Ankle	

PAIN CONTROL

- You will experience limited movement and sensation in the affected limb for 12-24 hours.
- When you leave the Surgery Center or Hospital, have your prescription filled and start taking your pain medication as prescribed. Continue taking pain medication for the next 24 hours or as needed.
- You may begin to feel a tingling or prickling sensation in the affected limb. This sensation indicates that your nerve block is starting to wear off.

ACTIVITY

UPPER BODY (ARMS AND SHOULDERS)

- Keep your affected arm in the sling or immobilizer until full feeling and movement returns – at least 24 hours. You may need to stay in the sling longer, sometimes up to six weeks, if advised so by your physician.
- If your arm is in a sling, be sure that your entire hand and fingers are well supported by the sling to prevent problems with your wrist.
- If you have an “egg crate” foam pad around your elbow, you may remove it in 24 hours.
- Be sure to place a pillow or padding between your elbow and the arms of the chair you are sitting in to protect the ulnar nerve (elbow) for 24 hours.

LOWER BODY (KNEES, ANKLES, AND FEET)

- Keep your leg and foot elevated and protected on pillows.
- If you are weight bearing, limit walking until full feeling returns to your foot.

Do not allow anything hot to touch your affected limb. Your ability to sense extreme hot will be diminished because of the nerve block. **If you experience shortness of breath, painful or difficulty breathing, go to the nearest Emergency Room to be evaluated and notify your surgeon during office hours.**