

Contact your surgeon for any:

- Inadequate pain control after taking your oral pain meds
- Nausea or vomiting at home
- Bleeding or any other concern about the incision
- Fingers or toes are cold and/or discolored

Contact us:

- If the hematoma (bruise) at the site of the nerve block seems to be getting bigger
- If the site where the block was performed is red, swollen, draining, or hot to the touch
- If you develop a painful sensation down your arm or leg
- Any concerns about your anesthetic or the nerve block

How to contact us:

Call the facility where you had the block performed and ask to speak to an anesthesiologist. If the anesthesiologist is unable to take your call, please leave a call-back number with the facility and we will get back to you. In case of an emergency, please call 911.

Instructions following your Peripheral Nerve Block



For all types of blocks:

- Your arm/leg will be weak, numb, and difficult for your brain to locate. It may feel heavy or absent. This is normal.
- Your hand/foot may feel warmer than usual after a nerve block. This is normal and will go away as the block wears off.
- Protect yourself from injury while your arm or leg is numb. You may not feel hot or cold, pressure, or pinching until the block is worn off.
- Depending on the medications administered, your block may last:
 - Short-acting blocks: 4-6 hours
 - Medium-acting blocks: 8-12 hours
 - Long-acting blocks: 18-24 hours; sometimes up to 36 hours
- Follow your surgeon's instructions for pain medications, cold packs, and how to take care of your surgical site.



Arm and shoulder blocks:

- Always make sure your entire arm is supported, including the wrist. Do not let your wrist dangle over the end of the sling. Pad and cushion the elbow and wrist for comfort and support as needed.
- In rare cases, you may temporarily develop a drooping eyelid, Hoarseness, or shortness of breath after the block procedure for shoulder surgery. Your anesthesiologist will discuss these with you should they occur.

Leg, knee, and foot blocks:

- Protect yourself from falls!
- Do not attempt to walk or bear weight on your leg until all numbness has disappeared and full muscle strength has returned.
- Follow your surgeon's instructions about when you can begin to walk and put any weight on your leg or foot.
- Do not stand or walk without assistance or your crutches if your foot or leg still feels numb, heavy, or weak.

PROTECT YOURSELF FROM FALLS!



Nerve Block Working!

DO NOT STAND OR WALK UNTIL
ALL NUMBNESS AND MUSCLE
WEAKNESS HAS DISAPPEARED!

Abdomen (TAP) and chest (paravertebral) blocks:

- Provide pain relief from your incision but does *not* completely numb your abdomen or chest.
- For paravertebral blocks in the chest area, call/notify your nurse immediately if you have any shortness of breath or difficulty breathing.