

# Nerve Block Discharge Instructions

## *Shoulder/ Arm*

**Purpose:** The purpose of the nerve block is to provide pain management after surgery.

You may undergo a procedure called a Nerve Block. Your anesthesia doctor will inject an anesthetic medication around the nerve in your shoulder or arm. The nerve block effects could last up to 24 hours. The effect will lessen as the anesthetic wears off. You may then need pain pills to manage the surgical pain.

**Effects you may experience after a Nerve Block to the shoulder or Arm:**

- ❖ Numbness/tingling/ weakness/inability to control your arm
- ❖ Numbness on the side of your face
- ❖ Hoarseness and weakness in your voice, difficulty swallowing, nasal congestion
- ❖ Redness to eye/droopy eye lid on the surgical side, unequal pupils
- ❖ Increase skin temperature to arm
- ❖ Heaviness in the chest or feeling like you cannot take a full, deep breath

**Care at Home:**

- ❖ Take your prescribed pain medication before the block fully wears off
- ❖ If you have mild difficulty breathing, you will feel better resting using 2 -3 pillows behind your head/upper body or sitting upright.
- ❖ Support your arm in a sling and rest it on pillows while awake or sleeping to prevent injury to your shoulder or arm. Protect your arm until the nerve block has worn off.
- ❖ Avoid putting your arm near or on objects that may be very hot/cold/hard/sharp
- ❖ If instructed to use an ice pack, do not place the ice directly on the skin. Apply the ice pack over the dressing or towel on the shoulder or arm for no more than 20 minutes at a time and not while sleeping. Keep dressing dry.
- ❖ Have a responsible adult assist you with your needs.

**Call your doctor when:**

- ❖ Swelling increase at the injection site
- ❖ Effects from the nerve block is still present after 36 hours
- ❖ Pain medication is not helping, making you sick or pain is not tolerable
- ❖ Fever, chills, persistent nausea and vomiting
- ❖ Any other concerns or problems

**Go to the nearest emergency room or call 911** if you experience persistent coughing, chest pain, and/or difficulty breathing that is **unrelieved by sitting up**. If you need to talk with your anesthesia provider please call:

Anesthesia Scheduling Services 847-5385, 8am-5pm Weekdays, after hours call Physicians Exchange 524-2575

# Nerve Block Discharge Instructions

## *Leg / Lower Extremity*

**Purpose:** The purpose of the nerve block is to provide pain management after surgery.

You may undergo a procedure called a Nerve Block. Your anesthesia doctor will inject an anesthetic medication around the nerves in your leg or lower extremity. The nerve block effects could last up to 24 hours. The effect will lessen as the anesthetic wears off. You may then need pain pills to manage the surgical pain.

**Effects you may experience after a nerve block to your leg or lower extremity:**

- ❖ Numbness/tingling/weakness/inability to control your leg or lower extremity
- ❖ Increase skin temperature to leg or lower extremity

**Care at Home:**

- ❖ Take your prescribed pain medication before the block fully wears off
- ❖ Use caution to prevent injury to your leg or lower extremity
- ❖ Use crutches to avoid putting any weight on your surgical leg for at least 24 hours
- ❖ After 24 hours and full sensation /strength returns to the leg or lower extremity then follow your surgeon's instruction regarding weight bearing on the leg or lower extremity.
- ❖ Rest with your leg or lower extremity elevated when possible. (no pillows under the knee)
- ❖ Do not drive until approved by your doctor.
- ❖ If instructed to use an ice pack, do not place the ice directly on the skin. Apply the ice pack over the dressing or towel on the leg or lower extremity for no more than 20 minutes at a time. Keep dressing dry.
- ❖ Have a responsible adult assist you with your needs.

**Call your doctor when:**

- ❖ Swelling increase at the injection site
- ❖ Effects from the nerve block is still present after 36 hours
- ❖ Pain medication is not helping, making you sick or pain is not tolerable
- ❖ Fever, chills, persistent nausea and vomiting
- ❖ Continuous bright red bleeding on the dressing/surgical site
- ❖ Any other concerns or problems

**Go to the nearest emergency room or call 911** in the event of an emergency. If you need to talk with your anesthesia provider please call:

**Anesthesia Scheduling Services 847-5385, 8am-5pm Weekdays, after hours call Physicians Exchange 524-2575**