



GOING HOME WITH A NERVE BLOCK

You received the following nerve block(s): _____

The nerve block(s) should wear off around: _____

Do not be concerned if the block lasts less time or more time than what you are told. There is a large variation in how long nerve blocks last.

WHAT TO EXPECT AFTER A NERVE BLOCK:

- Numbness
- "Pins and needles"
- Heaviness, weakness, or difficulty moving your arm or leg
- Feeling that your arm or leg has "fallen asleep"

CARING FOR A BLOCKED BODY PART

- Protect your numb limb!
- Be careful placing hot or cold items around the numb limb (including ice or heat packs).
- Carefully pad the limb to prevent bruising or other injury from bumping your arm or leg.
- Try to change positions often to keep from putting too much pressure on the arm or leg.
- Raise the arm or leg if possible to help lessen swelling.

FOR AN ARM/SHOULDER BLOCK

- Be sure your whole arm is supported by the sling; do not let the wrist dangle over the edge of the sling.
- Pad and cushion the elbow.
- Sometimes a block for the arm may cause mild shortness of breath, unequal pupils, a hoarse voice, or drooping of the eye. These are normal and will go away with time.

FOR A LEG BLOCK

- **Do not** use the blocked leg to walk or support yourself; wait several hours after the block has worn off to put weight on it.

PAIN MEDICATION

- You should take your pain medications as prescribed by your surgeon.
- It is best to eat something before taking the pain medicine to help prevent feeling sick.
- Start taking pain medications as soon as you are home and continue as prescribed. If you received pain medications by mouth prior to discharge, we will let you know what time to take next dose.

WHAT SHOULD I CALL ABOUT?

A block lasting more than 36 hours

FOR QUESTIONS OR CONCERNS

During **weekdays from 7 a.m.-5 p.m.** please call the Outpatient Surgery Center at: **(434) 982-6100** and ask to speak with the regional anesthesia resident.

After hours, please call the University of Virginia Hospital Operator at: **(434) 924-0000**. Ask the operator to contact the anesthesia resident on call at pager **1250**.