

Your child has had a nerve block catheter placed for pain relief at home. Your child's limb (arm or leg) will be numb and it may be hard for your child to control movement.

When caring for your child

- If your child has a nerve block affecting their leg or foot, do not let your child put weight on the leg. Instead your child should use crutches, a wheelchair or stroller to move around until strength has returned. Encourage your child to ask for help before they stand.
- If your child has a nerve block affecting their arm or hand, please use the sling provided to support the arm and stop it hanging freely. Your child can remove the sling or brace to do physical therapy otherwise they should wear as prescribed.
- Protect the limb that has the nerve block catheter. Local anesthetic reduces sensation so your child may not realize their limb is being injured by pressure, heat or cold.
 - Do not let your child sleep in a position that puts pressure on the arm or leg
 - Do not apply pressure, heat, or cold to the numb areas.
- If applicable do not let your child drive or use dangerous machinery while their limb is numb as your child may not be able to control their arm or leg.
- Provide regular pain medicine as prescribed or discussed at discharge and use the comfort suggestions in "Managing your child's comfort" brochure.

Caring for the nerve catheter and pump

- Keep dressing over catheter clean and dry (do not bath/wash area)
- Reinforce dressing by adding dressing in supply kit provided
- Check tubing daily for closed clamp or kinks
- Keep the pump at the correct height
 - At a height between your child's shoulders and hips when they are upright
 - At the same height as your child's body when they lie down.

Please DO NOT

- Adjust or squeeze the pump.
- Place the pump in water.
- Let the pump get cold.
- Let the pump get hot. Keep it outside blankets when child sleeps.

Removing the catheter

You will be told when it is time to remove the catheter by the Acute Pain Service.

- Wash your hands with soap and water for at least 30 seconds
- Clamp pump tubing
- Gently remove tape and dressing covering catheter (adhesive remover provided)
- Hold catheter as close as you can to where it enters the skin. Gently pull out using a constant pressure. Your child should not feel discomfort.

The catheter should glide out VERY EASILY. If your child feels pain or you feel resistance, or the need to use any force to pull the catheter out, STOP IMMEDIATELY. Leave the tubing as it is and call the Acute Pain Service.

- Once removed, wipe insertion site with gauze (clear fluid may leak from insertion, this is normal). Cover the area with the provided band-aid if desired.
- Place pump and tubing into garbage. Do not recycle them.
- Over the next 24-48 hours, CHECK the area for redness or swelling. A small bruise is normal.

What you can expect as the block wears off

Local anesthetic wears off at different times for each child; Signs and symptoms may include:

- Tingling or pins and needles
- Increased feeling and movement of the affected area.
- Increased discomfort or pain. It is important to give your child pain medicine recommended by your surgeon prior to taking out the catheter and regularly for ongoing pain relief.

When to call the Acute Pain Service:

Should your child have ANY:

- Ringing or rumbling in their ears
- Metallic or funny taste
- Numbness in their mouth or lips
- Lightheadedness or dizziness
- Hives, rash, or itching

Clamp the tubing IMMEDIATELY
Call 604-875-2345
Ask for the Acute Pain Service

Other reasons to call:

- Numbness or tingling in the limb lasting more than 24 hours after catheter removal
- Decreased movement of limb 6 hours after catheter removal
- Redness, swelling or pus at the site or your child develops a fever.
- Bleeding from the insertion site
- Catheter falls out
- If you have any questions or concerns

**Call 604-875-2345 – Ask for
the Acute Pain Service**