

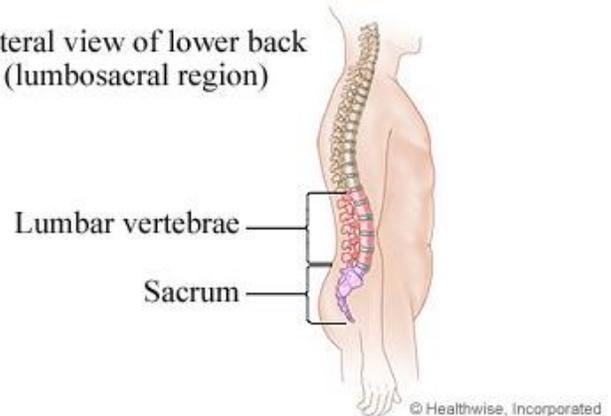
After your child's caudal block

Your child had a **caudal block** for pain control after surgery. A caudal block will reduce the pain your child feels in the first few hours after surgery.

During this procedure, a doctor gave your child local anesthetic through a small needle into their sacrum. **Local anesthetic** is a numbing medication. It reduces the pain messages that the nerves send to the brain.

This is most often done when your child is asleep for their surgery.

Lateral view of lower back (lumbosacral region)



What to expect

- Your child's leg(s) will feel heavy, tingly or weak for several hours, until the local anesthetic wears off.
- The local anesthetic will begin to wear off after 6-12 hours.
- A caudal block may not take all the pain away. Your child should take their pain medication as per your discharge instructions.

Caring for your child after a caudal block

- **DO NOT** apply pressure, heat, or cold to the numb areas, except as directed by your doctor. Local anesthetic reduces sensation. Your child may not realize their limb is being injured by pressure, heat or cold.
- Your child **MUST NOT** try to walk or crawl on their own until the block wears off, or until enough strength has returned. At first, your child may need help getting up, crawling, sitting, and walking.
- At home, **CHECK** your how much your child pees. The local anesthetic can reduce the urge to pee. **If your child has not peed within 10 hours of the surgery, call the Acute Pain Nurse Practitioner or the On-Call Acute Pain Service Doctor.**
- In the next 24-48 hours, **CHECK** the injection site (where the needle went in). There may be a Band-Aid on the site. **If you notice redness, swelling, excessive tenderness, or pus, call the Acute Pain Nurse Practitioner or the On-Call Acute Pain Service Doctor.** The doctor may want to see your child.



Get help if your child has:

- Signs of infection (redness, excessive tenderness, or pus) at the injection site,
- Any new leg numbness or weakness that after the block has worn off,
- Ringing or rumbling in your child's ear(s),
- A metallic or funny taste, or numbness in their mouth or lips,
- Dizziness, agitation, or nervousness,
- Hives, rash or itching,
- Irregular breathing and heartbeat,
- Difficulty breathing,
- Chest pain, or
- A high fever and tenderness in the back or spine at the injection site, a week after the procedure.

Call 604-875-2345 IMMEDIATELY. Ask for the On-Call Acute Pain Service Doctor.

If your child's symptoms are severe, CALL 911

Frequently Asked Questions (FAQ)

Can my child take pain medication, even if they are still numb?

Yes. The local anesthetic from the nerve block will not interact with your child's pain medication. Your child should continue to take their pain medication as prescribed, or as per your discharge instructions.

Can my child bathe after a caudal block?

Yes, if your child's surgeon says a bath is okay.

Questions? You can contact the Acute Pain Nurse Practitioner (Monday – Friday from 8 am to 4 pm) at **604-788-9979** or call BC Children's Hospital at **604-875-2345**, and ask the operator to page the On-Call Acute Pain Service Doctor.