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Regional Anesthesia Single Shot Nerve Block Post-Op Instructions

General Facts

- Your child has had a nerve block placed for pain control after surgery. This means they have received a shot of local anesthetic that targets specific nerves in their body. The local anesthetic is numbing medicine intended to reduce the amount of pain that your child experiences from surgery or injury.
- It is **NORMAL** for your child's arm/leg/surgical site on the side of surgery to feel numb for 6-24 Hours, depending on where the block was placed. Limbs may feel heavy, tingly and/or weak, the skin on the abdominal (stomach) or chest wall may be numb.
- It is **NORMAL** for the medicine to begin to wear off between 6 and 24 hours. In most patients, the medicine begins to wear off after around 12 hours.
- It is **NORMAL** if the nerve block doesn't take all the pain away. Your child should take their pain medications as per your discharge instructions.

Safety Precautions for single shot nerve block (Do's and Don'ts)

- **DO NOT** let your child drive or operate dangerous machinery while the limb is still numb. The local anesthetic can numb the nerves to the muscles in your child's arm/leg. This can make it difficult to control their arm or leg while the local anesthetic medicine is still working.
- **DO NOT** apply pressure, heat, or cold on the numb areas except as directed by your doctor. The local anesthetic will reduce the sensation and your child may not realize their limb is being injured by heat, cold or pressure.
- If your child had a nerve block for surgery on their leg or foot, they **SHOULD NOT** bear weight or walk using the affected leg until the block wears off or sufficient strength has returned. Encourage them to ask for help before rising or walking, to avoid falling.
- If your child had a pudendal nerve block for penile or scrotal surgery, they **SHOULD NOT** move faster than a walk until feeling returns to the surgical site.
- **DO** keep your child's sling and/or brace (if they are prescribed one) on while they are still numb; unless doing physical therapy. Afterwards, use their sling and/or brace as prescribed by their surgeon.
- In the next 24-48 hours, **DO** check the site where the nerve block injection was done. A small bruise is normal. Look for redness, swelling, excessive tenderness, or pus (anything that looks like

the area is becoming infected). ***If these signs are present, call the On-Call Acute Pain Service Physician at the number below.*** It may be necessary to have a doctor look at it.

When you should call IMMEDIATELY

*****Ask for the On-Call Acute Pain Service Physician*****

- Injection site has signs of infection (as described on Page 1)
- Ringing/rumbling in your child's ear(s)
- Metallic/funny taste or numbness in the mouth or lips
- Dizziness, agitation, nervousness
- Hives
- Irregular breathing or heartbeat
- Shortness of breath or chest pain

Call BC Children's main number **604-875-2345** and ask the operator to page the On-Call Acute Pain Service (APS) Physician

IF YOUR CHILD'S SYMPTOMS ARE SEVERE, CALL 911

Frequently Asked Questions (FAQs)

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

Yes. There is no interaction between the local anesthetic we gave your child and the pain medication they were prescribed. Your child should continue to take the pain medication as prescribed or as per your discharge instructions.

● My child is still having some numbness even after 24 hours, is this normal?

It is somewhat common to still have some numbness after receiving a nerve block. However, it can be a sign of something more serious. If this is the case, call and ask for the On-Call Acute Pain Service Physician. Also, contact your child's surgeon, as this could also be a problem related to the surgery/injury.

● Do I need to cover the injection site with any dressing or Band-Aid?

No. The injection site is very small and will heal on its own.

● Can my child bathe after a single shot peripheral nerve block?

Yes . As long as the block has worn off and someone can help them with balance and moving around, and a bath has been okayed by their surgeon.

QUESTIONS? Call BC Children's Hospital at 604-875-2345 and ask for the On-Call Acute Pain Physician.