



WHAT IS A NERVE BLOCK?

- Nerve blocks help keep the nerves from sending pain signals to the brain
- Nerve blocks help to reduce pain associated with your surgery (also called peripheral Nerve Blocks)
- Nerve blocks reduce pain to a specific area, similar to when the dentist numbs your mouth for dental procedures
- Nerve blocks can reduce the amount of pain medication you may need after your surgery
- You may also take needed pain medications, as prescribed, along with your nerve block

SINGLE DOSE NERVE BLOCK

- Nerve blocks can be a single dose. It is like receiving an injection, and it helps to provide pain relief for several hours

CONTINUOUS INFUSION

- Nerve blocks can also be a continuous infusion
- There is smaller catheter at the site, connected to a small pump which helps control post-operative pain for the first 72 hours. If needed, you may still take pain medications, as prescribed

WHEN DO I RECEIVE A NERVE BLOCK

- Nerve blocks are usually inserted just before going into surgery
- Patients are usually sedated for this procedure, then the site is cleaned and numbed by the anesthesiologist
- Nerve are located with a small needle and stimulated with a small device. The device causes a muscle twitch and possible tingling sensation
- Once the nerve is located, the anesthesiologist can inject a single dose of medication for numbing or insert a small catheter for a continuous infusion

TYPE OF NERVE BLOCKS

- FEMORAL used for knee/thigh surgery
- SCIATIC used for knee/thigh surgery
- LUMBAR PLEXUS used for hip surgery

WHAT TO EXPECT AFTER SURGERY

- Numbness in the area of the nerve block or tingling sensation
- Weakness
- Minor bruising usually resolves in a few days
- Dampness on the dressing of a continuous infusion

PROTECT YOURSELF FORM INJURY

- Take special care to prevent injury, protect yourself as long as you feel numbness or weakness
- Use crutches or walker
- Do not walk unassisted

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