

What is regional anesthesia?

Regional anesthesia is the use of medication (local anesthetic) to stop you from feeling pain in an area of the body, such as an arm, leg, or abdomen (also known as a **nerve block**). The medication is injected near a nerve or group of nerves that stops the pain signal to the brain, temporarily numbing the area of interest.

It is a safe way to relieve pain during a procedure, relieve pain for hours after the procedure, and reduce your need for pain medications post-operatively.

Types of perioperative regional blocks used at our facility:

- *Peripheral nerve blocks:* local anesthesia is injected near a specific nerve or group of nerves; this blocks pain and numbs the part of the body supplied by the nerve. This is often done for procedures of the hand, arms, feet, legs, or face.
- *Epidural and spinal Neuraxial blocks:* medication is given near the spinal cord and the nerves around it. This blocks pain from regions of the body specific to the area those nerves supply – this may include the abdomen, hips, and legs.

When to seek help:

You may experience some pain, bruising or a small amount of blood at the injection site.

If you develop any of these symptoms with the blocked area contact your surgeon:

- On-going bleeding at the injection site (more common if you have been taking blood thinning medication).
- Numbness, tingling or weakness in the blocked area lasting longer than 36 hours
- Pain that doesn't go away

If you require immediate attention, please visit the emergency department and notify them of your concerns and your recent procedure.



REGIONAL ANAESTHESIA

So, you had a nerve block?



[place patient identification here]

You had the following block(s):

Right Left

Lower Limb

- Ankle
- Adductor Canal
- Femoral/Fascia Iliaca
- PENG
- Popliteal sciatic

Upper Limb

- Axillary
- Interscalene
- Supraclavicular

Truncal

- Erector Spinae
- Transversus Abdominis Plane (TAP)
- Ilioinguinal

Neuraxial (photos not shown)

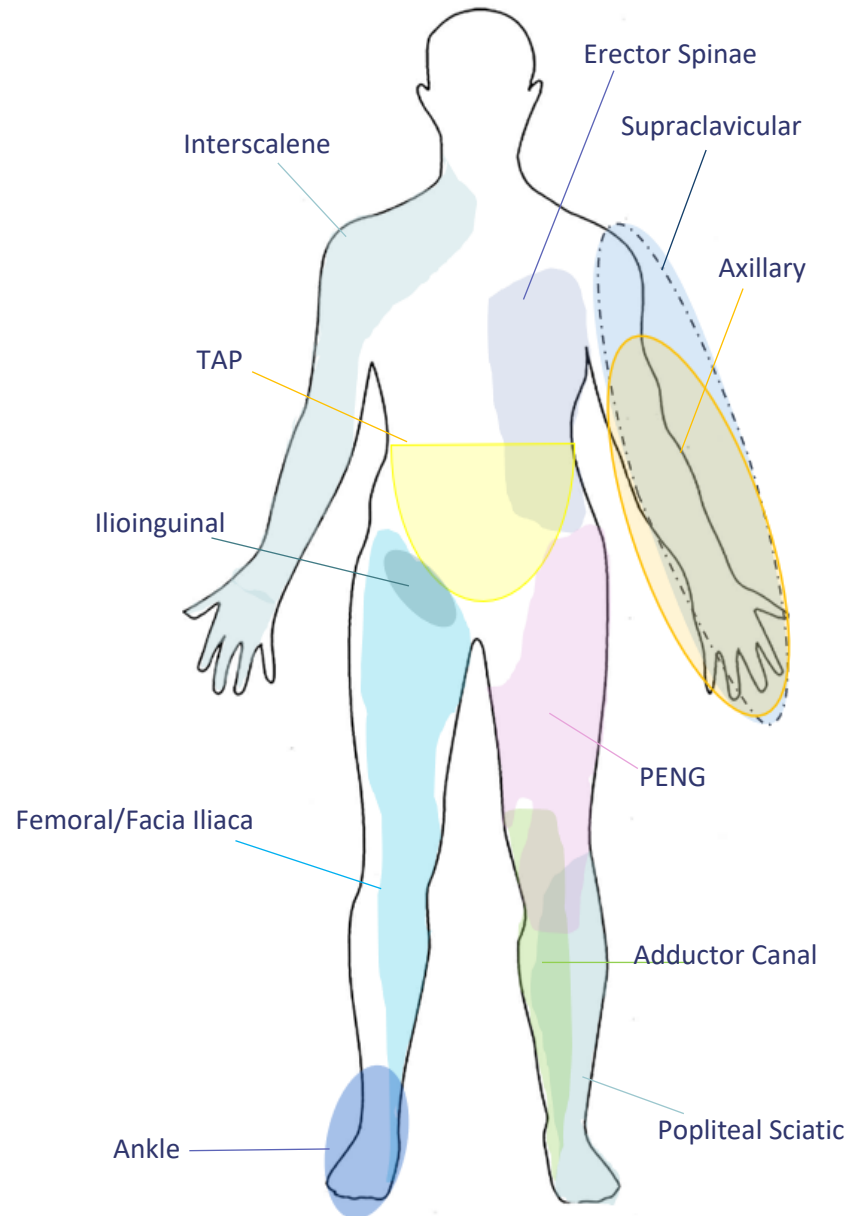
- Spinal
- Epidural

Your block was performed at:

____:____ am/pm on

Common nerve blocks and areas they cover:

Front View



What should I expect?

- When the block is working you may feel increased warmth, heaviness, numbness and/or tingling of the affected area.
- It is normal for the affected area and muscles to feel weakened while the block is working. Because of this and the lack of pain signals, it is important to protect the affected area from injury.
- Refrain from exposing the affected area to any extreme temperatures, rough or sharp surfaces, and tight spaces.
- For the arm - keep the limb protected in a sling.
- For the leg – elevate limb, try to avoid weight bearing until the block has worn off, use an assisted walking device, or have another person to assist you when mobile.
- The block usually lasts for 6-24 hours, depending on the type of block.
- Occasionally the freezing may last for much longer (up to 36 hours); if so, do not be alarmed - this means that you are getting the benefit of less pain for longer after surgery.
- When the freezing wears off you can expect to feel sore from the surgical procedure.
- It is important to start your prescribed non-narcotic medication routinely at the first sign of discomfort to minimize pain after the numbness is gone.

