

Nerve Block: Details and Instructions

We've used a nerve block to reduce pain and/or discomfort during a medical procedure. Below, we provide information about what we've used and what you can expect. We also provide some instructions for you.

Type of nerve block: _____

Time of nerve block placement: _____ a.m. / p.m.

This nerve block will last approximately: _____ hours

The nerve block will start to wear off at approximately: _____ a.m. / p.m.

Protecting Your Numb Arm or Leg

- Make sure your cast or splint is not too tight. (You should be able to slide one finger under it.)
- Make sure your sling or brace is on correctly.
- Do not lean—or put any unnecessary pressure—on your arm or leg.
- Do not sleep in a position that puts pressure on your arm or leg.

Pain Medicine

As your nerve block wears off, pain might increase.

- Take your pain medicine at the first sign of discomfort.
- At _____ a.m. / p.m. (**six hours** after receiving the nerve block), if you haven't taken any pain medicine yet, take the low dose prescribed by your doctor.
- If you go to bed less than eight hours after the nerve block placement, set an alarm to wake at _____ a.m. / p.m. (**eight hours** after the nerve block was placed). If you feel pain or discomfort at that time, take your pain medicine.

Addressing Weakness or Abnormal Sensations

If you have unexpected weakness and/or abnormal feelings in your arm or leg for more than 24 hours, call Telehealth Nursing at 651-229-3890 or 800-719-4040 (toll-free).

During the conversation, if you feel you need more information, you may request to have a pediatric anesthesiologist contact you to discuss your concerns.

[Make An Appointment 651-290-8707](#) [Refer a Patient 651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](tel:651-229-3890).