



## Additional instructions:

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## What is Regional Anesthesiology?

Regional anesthesiology involves injecting local anesthetic around nerves to make part of the body numb. This is also called a nerve block.

The goal of a nerve block is to decrease pain after surgery and/or to avoid general anesthesia. Nerve blocks typically last 12-24 hours the effects may last up to 48 hours in some patients.

## Kingston Health Sciences Centre

Centre des sciences de  
la santé de Kingston

76 Stuart St., Kingston,  
ON, Canada K7L 2V7  
Tel: 613.549.6666  
[www.KingstonHSC.ca](http://www.KingstonHSC.ca)

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Kingston Health  
Sciences Centre

Centre des sciences de  
la santé de Kingston

# Regional Anesthesia

Patient Information



Hôpital  
Hotel Dieu  
Hospital



Hôpital Général de  
Kingston General  
Hospital

## Preventing a pain crisis

You may experience **severe pain** if you do not take pain medicine before the nerve block wears off. As the block starts to wear off (pain, pins and needles, recovery of movement) it is important that you start taking your pain medicine. Alternatively, you should start your medication right away if you are going to bed.

Here is our suggested pain treatment plan. **Do not use this plan if your doctor has given you other directions or if you have a known allergy.** These medications can be taken at the same time.

- Tylenol 650-1000 mg every 6 hours for 2 days and then use as needed
- Advil 400 mg every 6 hours for 2 days and then use as needed
- Use prescribed pain medicine as indicated by the surgeon



## Caring for your arm / leg after a nerve block

After you have a nerve block, you may not have feeling and/or function for up to 48 hours. During this time, it is important that you keep your limb elevated. If your arm is numb, wear a sling to prevent an injury.

**If the feeling or function has not returned to normal after 48 hours, please contact the anesthesiology department (see next page)**

## Complications

Complications from nerve blocks are very rare but may need assessment. If you experience any of the following symptoms you should contact the anesthesiology department between Monday-Friday (7 am – 4 pm).

**613-548-7827**

- ☐ Pain or swelling where the nerve block was injected
- ☐ Persistent or increasing numbness in the area of the nerve block
- ☐ Persistent or increasing weakness in the area of the nerve block

**If you need urgent assessment, please go to your nearest emergency department.**