



Associate Professor Peter Hebbard MB. BS. PG Dip Echo. FANZCA

DISCHARGE INFORMATION FOR DAY SURGERY PATIENTS

NERVE BLOCK ANAESTHESIA

Long acting local anaesthetics are often used for nerve blocks. This block will wear off gradually however it may last up to 24 hours.

Pain killers may be needed when the block wears off and sensation returns. You should use pain killers early in the return of sensation as they take some time to work, generally about $\frac{3}{4}$ hour.

Until the block wears off you will need to look after the numb part.

In general, the limb should be kept protected by a sling or padding (pillows etc) and not allowed to hang down other than for a short time.

Do not put the numb limb into any unnatural positions or do anything to the limb that would cause discomfort if the limb were not numb. In particular you should ensure that the limb is not resting against hard objects or allowed to contact hot or cold objects.

Sensation will generally return slowly and may be accompanied by discomfort from the operated site.

Once sensation has returned you should continue to look after the operated area as instructed.

The return of feeling is often accompanied by pins and needles sensations. Sometimes this sensitivity can last a few days. If you experience numb areas for more than 36 hours or if unusual sensations persist more than 4 days please contact the hospital.