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**Here are some helpful tips to protect your arm or leg while it is numb:**

1. While you are awake change position of your arm or leg often. This helps to avoid putting too much pressure on the limb for long periods of time.
2. While sleeping, pad the limb with pillows to avoid rolling onto it while you sleep. If you have had a shoulder or arm block, it is a good idea to sleep in a recliner with pillows under your arm to avoid rolling onto your numb arm.
3. If you have a cast or tight dressing, check the colour of your fingers/toes every couple of hours. Call your surgeon if any look discoloured or go to nearest Emergency Department.
4. If you have had a shoulder, arm, or hand block, you may go home with a sling. The sling will help to keep your arm in a safe position. Wear the sling at all times until the nerve block completely wears off.

5. If you have had a leg block you may have difficulty weight bearing. You may be sent home with crutches to use until the nerve block wears off. Have someone assist you with walking until the nerve block completely wears off.
6. Do not operate heavy machinery or drive until 8 hours after the block has worn off completely.

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**Anaesthetist:** .....

**Date:**...../...../.....

**Block Procedure(s)**

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The nerve block on the front page was performed to provide pain relief after your surgery/ injury.

For both single shot nerve blocks and after stopping infusion of local anaesthetic via nerve catheter, the block is expected to last between 2-36 hours.

**If you continue to feel effects of the nerve block for longer than 48 hours, please contact us (\*contact details overleaf).**

**Your Oral Pain Medication:**

Please take oral medication before the nerve block begins to wear off or when you first begin to feel discomfort. The idea is to have pain medication in your body before the nerve block wears off. Please note that it takes about 30-60 minutes for oral pain medication to become fully effective. Some of the pain medications can cause sedation and decrease your breathing if you take more than you need for the level of pain you are having.

**Nerve Block *Wearing Off* In The Middle of the Night:**

Keep in mind that single shot nerve blocks often wear off in the middle of the night. If you are going to bed and the block has not started to wear off or you have not had any discomfort, consider setting an alarm to go off in 2-3 hours so you can assess your block. If you notice the block is wearing off or you are starting to have discomfort you can then take your medication.

**Nausea:**

This is a common side effect of many pain medications. You may eat something before taking your pain medicine to help prevent nausea.

**Weakness & Numbness due to nerve block:**

Usually the weakness due to nerve block wears off first. The tingling and heaviness usually wear off next. Finally you may start to notice pain. Keep in mind that this may occur in any order. Once a nerve block starts to wear off it could be completely gone in an hour.

**Other Symptoms due to nerve blocks:**

Certain nerve blocks may cause other symptoms. If you have had a shoulder block or a block near your collar bone (clavicle), you may have symptoms that usually go away within 12 hours such as:

1. mild shortness of breath\*
2. a hoarse voice
3. blurry vision & unequal pupils
4. drooping of your face on the same side as the nerve block

**\*If you experience severe or prolonged shortness of breath, please go to the nearest Emergency Department.**

**Protection of a Numb Arm or Leg:**

After a nerve block, you cannot feel pain, pressure, or extremes in temperature in the affected limb. Your numb arm or leg is at risk for injury. For example, it is possible to burn your numb arm or leg on a hot stove without knowing it.