



FOLLOWING YOUR REGIONAL ANAESTHETIC

Regional anaesthesia is a good choice for many patients as it provides excellent post operative pain relief and sparing of medication side effects.

Here is some important information you should know for after your regional anaesthetic.

- The region that has been blocked can remain numb for up to 24 hours.
- While the block is working your arm will be weak and you will not be able to move it or feel properly.
- You will be given a sling. Keep your arm in the sling you are given, for support and protection.
- You will not be fully aware of the position of your arm, so it can be injured without you realising.
- Take care not to injure or bump the area, as you will not be able to feel pain.
- Do not put hot or cold things in the area, as this can cause burns.
- You may need someone to help you look after yourself.
- Your nerve block will provide good analgesia while it is working but when it wears off you may develop pain. You should start taking pain relief medicines as directed by your doctor, while your arm is still numb, so that they are already starting to work when the block wears off.
- As the block wears off you may experience pins and needles in your fingers. Some people find this unpleasant but it is normal.



If the block has not fully worn off by 48–72 hours after the operation you should contact your anaesthetist by calling Greenslopes Anaesthesia Group on **(07) 3847 4477**

If you have any urgent concerns, please attend the Emergency Department.