Nerve block

Care at home

Your child's information

Your child received a nerve block, which is an injection of a local anesthetic to block pain from a part of the body. Here is information to help care for your child at home.

Type of nerve block:
_____

Time of nerve block placement:
_____ am / pm

Approximate duration of the nerve block:
_____ hours

Time the nerve block will start to wear off:
_____ am / pm

What do I need to know to care for my child at home?

Protecting the numb arm or leg

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

Pain medicine

- Give pain medicine at the first sign of discomfort.
- As the nerve block wears off, pain may increase.
- If at 6 hours (_____ am / pm) you have not taken any pain medicine, take the low dose prescribed by your doctor.
- If your child has gone to bed within 8 hours of the nerve block placement, be sure to wake up your child 8 hours (_____ am / pm) after the nerve block was placed and give pain medicine if needed.

When should I call for help?

Call your doctor or clinic if your child has any of the following:

- unexpected weakness
- unusual sensations or feelings in the arm or leg for more than 24 hours

Questions?

This sheet is not specific to your child, but provides general information. If you have any questions, call _____.

For more reading material about this and other health topics, please call or visit the Family Resource Center library, or visit our Web site: www.childrensmn.org.

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