

Nerve block: Single shot instructions

How to care for yourself when you go home

When to call your doctor



➤ **Call us at 503-494-8311** day or night and ask for the **home pump doctor on-call** if you have any questions, concerns or have any of the following:

- Fever
- Signs of infection where you had your injection (swelling, itching, pain, redness, fluid drainage)
- New ringing or rumbling sound in your ear
- The taste of metal in your mouth
- Numbness in or around your mouth
- Feeling dizzy, tense or nervous
- Hives
- Irregular heartbeat or chest pain
- Shortness of breath

The first day you get home



For the first 6 – 24 hours after your nerve block (while still numb):

- **Protect the area that is numb** since you may not be able to feel if it gets injured.
- **Do NOT drive** or operate heavy machinery until the numbness wears off.
- **Do NOT rest on the numb limb** or put pressure on it.
- **Do NOT put anything too hot or too cold on your limb** while it is numb.
- Make sure you **have a caregiver with you at all times** while you are numb.

If the nerve block was in your leg



- **Follow your surgeon's weight-bearing instructions.**
- **Even if you are using crutches, ask for help** until the numb feeling is gone.
- **Wear your leg brace** if you have been given one.
- **Have someone help you get in and out of bed** and when walking to the bathroom.

If the nerve block was in your arm



- **Wear your arm sling** as directed until the numbness wears off.
- If your doctor says you can take your arm out of the sling, **be sure to support your arm with the other hand.**
- **Do NOT sleep directly on the arm** with the nerve block.

What to expect when the nerve block wears off



- The numb feeling should wear off 6 – 24 hours after the injection.
- You may feel a tingly feeling like if your limb is “asleep.”
- It may take 1 – 4 hours for the nerve block to completely wear off.

ⓘ If you are still **numb more than 24 hours** after your nerve block injection, call **503-494-8311** and ask for the **home pump doctor on-call.**

What to do before the nerve block completely wears off



- **Take your pain pills as soon as you notice increasing pain in your limb.** It can take 30-45 minutes for the medicine to work, and your pain can increase quickly.
- If the nerve block has not worn off by the time you go to sleep at night and your surgeon has recommended acetaminophen or ibuprofen, **take one of these pain pills before you go to bed.** This helps with pain in case the block wears off in the middle of the night.

➤ Learn more by going to <http://tiny.cc/OHSUpump> for videos and more.

