

# Discharge Instructions After Your Nerve Block

You have had a \_\_\_\_\_ nerve block.

Expect your \_\_\_\_\_ to be numb and weak for 8-16 hours.

- Bit by bit, first your strength will come back, and then sensation (feeling) in your limb. Normal sensation and movement should return within 24 hours. If this does not happen, please call the Acute Pain Service at 902-222-1938. Hospital staff may contact you after your discharge about followup info.
- Protect your limb from too much cold or heat, and do not place it in abnormal positions.
- If you have had a nerve block in your foot or leg, keep it elevated (raised up) as instructed by your surgeon.
- If you have had a nerve block in your arm, you may be advised to wear a sling with the elbow area padded. Remove the sling when your arm feels back to normal.
- **Start your pain medication when you notice your limb starts to tingle or just before you go to sleep at night.**

#### Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information in this handout is for informational and educational purposes only.  
The information is not intended to be and does not constitute health care or medical advice.  
If you have any questions, please ask your health care provider.