



# Nerve Block for Shoulder or Arm Surgery

## About The Procedure

- ❖ Nerve blocks are used to reduce pain after surgery. Numbing medicine is injected around nerves that cause pain. Nerve blocks may reduce your need for pain medicine (narcotics) at home.
- ❖ This nerve block is an injection in the neck area. Ultrasound is used to make sure the medicine gets to the right area.
- ❖ The nerve block is done before you go to surgery and takes about 15 minutes.
- ❖ Your anesthesiologist will explain the procedure and answer questions before the block. They will also monitor your pain relief after surgery.

## What To Expect During and After Your Nerve Block

- ❖ You will get a medicine in your IV to help you relax during the nerve block.
- ❖ Your family will wait in the waiting room. They can come back after the block is done, if you wish.
- ❖ Your nerve block may relieve up to 80% of your pain after surgery. It will last up to 24 hours.
- ❖ Your arm will be numb from the shoulder to the hand. To prevent injury, you should keep your numb arm away from hard or hot surfaces. Only use ice for 20 minutes at a time.
- ❖ You should wear an armband until you're told to remove it by your surgeon.
- ❖ After the block you may see drooping of the face or eye. You can also have shortness of breath, chest tightness or voice changes. These side effects happen because your muscles may be affected by the numbing medicine.
- ❖ Sleep sitting up or in a recliner chair until the block has worn off. This will help reduce side effects.