

## Peripheral Nerve Block Discharge Instructions

You are getting pain medicine through a tube to control pain. The medicine is pushed in with a pump. You will need to carry this pump with you for the next few days. You will still have some discomfort. You can take other pain medicines while the pump is running. Take these medicines as your doctor prescribes.

### Safety Information

- The nerve block pump delivers a drug that blocks the feelings of pain, hot and cold. It also numbs the feeling of being touched and changes muscle strength. You must protect your numb limb from heat, cold, prolonged pressure, hard or rough surfaces. Avoid keeping your limb in the same position all the time.
- Do not rely on the muscle strength of the limb while driving, lifting or walking. Treat the affected limb as if it were broken. Your limb may be numb or tingle.

### If you have a leg nerve block:

- Do not walk without crutches or help. You could fall.

### If you have an arm nerve block:

- You will need to wear a sling to support your arm.
- Do not lift objects. You could drop them.

### Pump and Catheter Information

- The medicine in the pump will last about 3 days.
- Keep the catheter site dressing dry. Do not shower until the catheter has been removed.
- If you have any questions about how the pump is working, please call the Support Hotline at 1-800-444-2728.

### **When to call for help**

Call the anesthesiologist at 269-341-6431, if you have:

- Swelling, pain, redness, bleeding or drainage from the catheter site. A small amount of redness or clear drainage is expected.
- Fever more than 101.5 F.
- Ringing in your ears.
- Numbness or tingling around your lips.
- A metal taste in your mouth.
- Dizziness or have fainted.
- Trouble removing the catheter.
- If you question whether the pump is working properly, call the Support Hotline at 1-800-444-2728.

### **Removing the Catheter**

- Remove the catheter when the pump is empty. You may remove the catheter at any time before this if you wish. The pump and catheter must be removed no later than 4 days after your surgery.
- To remove the catheter:
  - Remove the dressing.
  - Gently, but firmly pull the catheter. A small amount of drainage or blood is common.
  - Throw the pump and catheter away with your garbage. It is disposable.

**If you cannot accept these restrictions, ask to have your nerve block catheter removed before you leave the hospital.**