

Discharge Instructions After Your Nerve Block

You have had a _____ nerve block.
Your _____ may be numb and weak for 8 to 16 hours.

- The nerve block will wear off slowly. First your strength will come back, and then sensation (feeling) in your limb. Normal sensation and movement should come back within 24 hours (1 day).
 - › **If this does not happen, call the Acute Pain Service at 902-222-1938.**
- Hospital staff may contact you after you leave the hospital with follow-up information.
- Protect your limb from too much cold or heat. **Do not** place it in unusual positions.
- If you had a nerve block in your foot or your leg:
 - › Keep it raised up as told by your surgeon.
- If you had a nerve block in your arm:
 - › You may be told to wear a sling with a padded elbow. Take the sling off when your arm feels back to normal.
- **Take your pain medication as soon as you feel your limb start to tingle or just before you go to sleep at night.**

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find this pamphlet and all our patient resources here:
<https://library.nshealth.ca/Patients-Guides>

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

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