Patient advice following regional anaesthetic ("nerve block")

Are you block SAFE?

Patient Information Leaflet
If you require a translation or an alternative format of this leaflet please call the Patient Advice and Liaison Service on 01296 316042
Are you BLOCK SAFE?

As part of your operation you have had a regional anaesthetic block (a numb arm/leg) to make you more comfortable.

To look after your limb until the block wears off we ask you to check four things while on the ward or at home:

**S**
**l**ings and **s**calding
Ensure your limb is safe by wearing your sling, to avoid scalding your numb arm/leg. Protect your numb limb from any pressure areas with a pillow.

**A**
**n**algesia/painkillers
Make sure you take your regular/prescribed painkillers at the required interval so you are not suddenly in pain or discomfort, and in readiness for when the block/numbness wears off.

**F**
**a**lls
While limb is blocked it may affect your balance. Be careful when getting up or walking that you do not fall.

**E**
Ensure block receding
If your limb has NOT returned to normal/still feels numb 48 hours after your operation at Stoke Mandeville contact: (01296) 315262 between 9am and 4pm / ring Switchboard on (01296) 315000 out of hours and ask for the on call Anaesthetist.

If your operation was at Wycombe Hospital, contact: (01494) 426525 between 9am and 4pm / ring Switchboard on (01296) 315000 out of hours and ask for the on call Anaesthetist. We will arrange to see you.
How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

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