

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

Safe & compassionate care,

every time

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

Slings and Scalding

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

Analgesia/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

Falls

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 48hours 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.

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Acknowledgement: This document was originally written / developed by Dr K Place, Royal Berkshire Foundation NHS Trust

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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