

Pain Management Services of the Fox Valley  
Mercy Oakwood  
2700 West 9<sup>th</sup> Avenue, Suite 205  
Oshkosh, Wisconsin 54904  
Phone: (920)223-0499 Fax: (920)223-0479

### **Nerve Block Discharge Instructions**

You have just had an injection of local anesthetic. This is just a test to see if the pain you are experiencing is coming from a particular nerve. This is diagnostic only and will give you no prolonged pain relief, only the pain relief of the numbing agent. When that drug wears off, your pain will return.

After your injection:

- √ You may experience some temporary numbness.
- √ Your injection site may be numb for the next 4-6 hours.
- √ You may shower or bathe after the injection.
- √ You may return to your normal level of activity. At this time we encourage you to do those things that normally would cause you discomfort.
- √ Follow your doctor's instructions regarding returning to work. Often you can return to work the next day.
- √ Watch for active bleeding at the site of the injection. You may remove the band-aid (if there is no bleeding) after several hours. A small bruise and tenderness at the injections site(s) is normal.
- √ Do not drive for the next 2-4 hours or until the numbness has worn off.
- √ Call if you should experience any signs of infection: severe pain at your injection site, redness, swelling, drainage, or a temperature of 101 °F or greater.
- √ Call if you experience persistent inability to move your legs(s) or arm(s) or you have persistent numbness/tingling which you did not have prior to the injection, lasting longer than 24 hours.
- √ **Complete your block diary as directed and return it to the clinic the following day.** Your next appointment will be dependent on your response to this test.
- √ You may continue to use ice for 15 minutes at a time, 2-3 times an hour. You may continue to use heat 3-4 times a day as needed.

If you experience a significant problem such as severe pain, persistent numbness/tingling, inability to move your leg(s) or arm(s), please call the pain clinic. You may leave a non-urgent message on voice mail after 4 pm daily and on weekends. If this is an urgent question regarding your procedure, call **Nurse Direct** at 920-231-6578. If you are having a medical emergency please call 911.

**I hereby acknowledge and understand the discharge instructions as indicated above.**

Patient/Representative signature (relationship): \_\_\_\_\_