

1. General Information

- a. Follow your surgeon's instructions for pain medications, cold packs, and how to care for your surgical site. Contact your surgeon's office with questions about your discharge instructions.
- b. **Protect yourself from injury.** You may not feel hot or cold, pressure, or pinching until the block has worn off.
- c. Certain blocks may cause the blocked area to feel more numb, weak, heavy, or warm than usual. This is expected and will return to normal sensation and strength as the block wears off.
- d. Depending on the medications administered, your block may last:
 - i. Short-acting blocks: 4-6 hours
 - ii. Medium-acting blocks: 8-12 hours
 - iii. Long-acting blocks: 18-24 hours; sometimes up to 36 hours
 - iv. Exparel (liposomal bupivacaine) blocks: May last up to 72 hours
 1. Additional local anesthetic is typically avoided during this period.
 2. **Alert your healthcare provider** that you received Exparel if you need further care within 96 hours of receiving your block.

2. Blocks of the Shoulder and Arm

- a. Ensure your entire arm is supported. Do not let your wrist dangle over the end of the sling. Pad and cushion the elbow and wrist for comfort and support as needed.
- b. In rare cases, you may temporarily develop a dropping eyelid, voice hoarseness, a feeling of inability to take a deep breath, or shortness of breath after the block procedure for shoulder surgery. Your anesthesiologist will discuss these with you should they occur.

3. Blocks of the Leg, Knee, and Foot

- a. Follow your surgeon's instructions for pain medications, cold packs, and how to care for your surgical site. Contact your surgeon's office with questions about your discharge instructions.
- b. **Protect yourself from falls.** Do not stand or walk without assistance if your leg or foot feels weak.

4. Blocks of the Abdomen and Chest

- a. Provide pain relief from your incision but do *not* completely numb your abdomen or chest.
- b. **Call/notify your nurse immediately if you have any shortness of breath or difficulty breathing.**

5. Contact Information - In case of an emergency, please call 9-1-1.

- a. Contact your surgeon if you experience:
 - i. Inadequate pain control after taking your oral pain medications.
 - ii. Nausea or vomiting at home.
 - iii. Bleeding or any concerns about your incision.
 - iv. Fingers or toes are cold and/or discolored.
- b. Contact your anesthesiologist if you experience:
 - i. A bruise (hematoma) at the site of the nerve block that seems to be getting bigger.
 - ii. Any signs of infection (reddened, swollen, foul discharge, or hot to the touch) at the site where the nerve block was performed.
 - iii. A painful sensation down your arm or leg.
 - iv. Any concerns about your anesthetic or the nerve block.
 - v. **Contact your anesthesiologist** by calling the facility where you had the block performed. Ask to speak to an anesthesiologist. If the anesthesiologist is unable to take your call, please leave a call-back number with the facility and we will get back to you.