

# Lower limb nerve block

You received an injection close to one or several nerves in your lower limb to relieve the pain after your surgery. Here are some precautions you should take:

- Do not drive while your leg is still numb.
- Use your walker, crutches or wheelchair until the effects of the nerve block have disappeared.
- Protect your limb while it is still numb.
- Keep your leg in the splint at all times, except during physiotherapy, or until your surgeon tells you to remove it.
- Do not apply heat to your leg while it is still numb.
- The numbness in your leg will disappear about one hour after you start to feel pins and needles at the same site. When you feel pins and needles, take your pain medication
- If you are getting ready to go to sleep and the numbness in your leg has still not disappeared, take your pain medication before going to bed.
- If numbness persists after 48 hours, call Hôpital Montfort, at 613-746-4621, and ask for the operator to transfer you to the on-call anesthetist.



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Name of your anesthetist

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Date of nerve block

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Type of nerve block

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Anesthetic agent / concentration / volume

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**Your healthcare team is available to answer your questions. Do not hesitate to discuss details about the procedure, your health, or your return home.**

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