

# Upper limb nerve block

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

- Do not drive while your arm is still numb.
- Use your sling until the effects of the nerve block have disappeared.
- Protect your limb while it is still numb.
- Do not apply heat to your arm while it is still numb.
- The numbness in your arm 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 arm has still not disappeared, take your pain medication before going to bed.
- The side effects of the nerve block include a raspy voice, tingling eyelid, shrunken pupil and/or nasal congestion on the same side of your body as the nerve block. These effects are temporary and should not last longer than the nerve block.
- Difficulty breathing is a rare but serious side effect of the nerve block. If you have difficulty breathing, go to the nearest Emergency.
- 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.



\_\_\_\_\_  
Name of your anesthetist

\_\_\_\_\_  
Date of nerve block

\_\_\_\_\_  
Type of nerve block

\_\_\_\_\_  
Anesthetic agent / concentration / volume

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\_\_\_\_\_  
\_\_\_\_\_  
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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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