



Information for
patients and
carers

Discharge Advice

Following an arm, hand or leg nerve block

Information for patients

Your arm or leg may be numb for up to 24 hours. If your numbness lasts for longer than this, then contact the ward for advice.

While your limb is numb you may not be aware of where it is and there is a risk of it getting damaged. For hand/arm surgery you will be given a sling to keep your arm in until the sensation has returned to normal. This will not prevent you doing your physiotherapy.

You must not attempt to drive.

It is very important to take pain relieving medication when you get home and BEFORE the block wears off. You should start to take your painkillers as soon as a tingling feeling returns to the arm or leg.

General advice

Take Paracetamol 1g (2 x 500mg tablets) 4 – 6 hourly (do not exceed 4g/8 tablets in 24 hours).

You can also take Ibuprofen 400mg 6 hourly if you do not have an intolerance.

In addition, you may be prescribed some stronger opiate-based medication and instructions on how to take these will be given to you on discharge.

You must discuss with the doctor/nurse what pain relieving medication to take if:

- you have any medical conditions (e.g. asthma, stomach ulcers or kidney problems)
- if you are allergic or sensitive to any of the above medication
- If you have any questions or concerns please do not hesitate to ask your anaesthetist or nurses on the ward. After discharge please feel free to contact the ward

Contact details

Should you require further advice or information please contact:

Dept. of Anaesthesia, Royal Preston Hospital **01772 522555**

Dept. of Anaesthesia, Chorley Hospital **01257 245771**

Day Case Unit, Chorley Hospital (8am-8pm Monday to Friday)

01257 245748 or 01257 245933

Royal Preston Hospital switchboard **01772 716565**

Chorley Hospital switchboard **01257 261222**

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

www.rcoa.ac.uk/patient-information

All our patient information leaflets are available on our website for patients to access and download:

www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage

your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

Gujarati:

આ માહિતીને સમજવામાં સહાયતા જોઈતી હોય તો કૃપા કરીને પૂછો. આ માહિતી મોટા છપાણામાં અને અન્ય ભાષામાં ઉપલબ્ધ કરી શકાય છે.

Romanian:

Vă rugăm să întrebați dacă aveți nevoie de ajutor pentru înțelegerea acestor informații. Aceste informații pot fi puse la dispoziție în format mare și în alte limbi.”

Polish:

Poinformuj nas, jeśli potrzebna jest ci pomoc w zrozumieniu tych informacji. Informacje te można również udostępnić dużym drukiem oraz w innych językach

Punjabi:

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸਮਝਣ ਵੱਲੋਂ ਮਦਦ ਲੈਣੀ ਚਾਹੋਗੇ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਇਸ ਬਾਰੇ ਪੁੱਛੋ। ਇਹ ਜਾਣਕਾਰੀ ਵੱਡੇ ਪ੍ਰਿੰਟ ਅਤੇ ਹੋਰਨਾਂ ਭਾਸ਼ਾਵਾਂ ਵੱਲੋਂ ਮੁਹੱਈਆ ਕੀਤੀ ਜਾ ਸਕਦੀ ਹੈ।

Urdu:

دو سر ی زبانوں او ر بڑی اگر آپ کو ہی معلومات سمجھنے کے لیے مدد کی ضرورت ہے تو ییچھیہا جس یبھ ابی دست بو یسکت ہے برا ئے مہر یبان پو ے یچھہ ہی۔ معلومات

Arabic:

مطبوعه با حرف كبيره و بلغات اذا كنت تريد مساعده في فهم هذه المعلومات يرجى ان تطلب اخرى بملف تنو فسير هذه المعلومات

Department: Anaesthesia

Division: Surgery

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