

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 please 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 (1-2 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**

Rawcliffe Day Case Unit, Chorley Hospital (8am-8pm Monday to Friday)
(01257) 245733

Lancashire Elective Surgery Unit, RPH (8am -8pm Mon to Fri)
(01772) 522594/ 523405

Ward 4, RPH **(01772) 522244**

Charles Beard Theatre/Dressing Clinic, RPH **(01772) 523542**

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.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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If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

Please ask a member of staff if you would like help in understanding this information.

This information can be made available in large print, audio, Braille and in other languages.

Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

patientexperienceandinvolve@LTHTR.nhs.uk

Department: Anaesthesia

Division: Surgery

Production date: October 2025

Review date: October 2028

JR 1378 v1