

# How to Care for Yourself after a Nerve Block

(Shoulder, Arms, Hands, Fingers)



Thank you for choosing Phelps Hospital for your place of care. You can be certain we will provide you with excellent treatment in a caring environment. From the moment you walk through our doors to the time of your discharge, you will be greeted with a warm and friendly attitude, treated with respect, and provided with the highest quality of health care.

## What You Were Given for Surgery:

You and your doctor agreed that you would receive a type of regional anesthetic called a nerve block. A nerve block is an injection given around the nerves and numbs the area to decrease pain. The nerve block may be given before, during, or after the surgery and may last for several hours depending on the numbing medication used.

## Safety is Important!

Since you may not have any feeling in your arm, it is important to keep your arm protected and free from injuries in a sling.

## Here are some things to remember:

- You may not feel any pain, pressure or extreme temperatures.
- Protect and cover your arm in cold weather and while cooking near hot surfaces.
- Avoid putting pressure on the arm and keeping it in one position for too long. Use cushions or pillows while sleeping to avoid rolling onto the arm.

## Don't Wait!

You may begin to take your pain medication when the nerve block begins to wear off. You may feel tingling and then notice pain. You may begin pain medicine when feeling starts to return. Make sure to take the medication as scheduled by your doctor.

Please feel free to call your Hospital anytime at  
**(914) 366-3000.**

## Phelps Hospital

701 North Broadway  
Sleepy Hollow, NY 10591

## Northwell Health Physician Partners:

(914) 269-1900

Your Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

Nerve Block Received: \_\_\_\_\_

Date/Time Started: \_\_\_\_\_

If you have any questions of concerns, please talk to your doctor or nurse.

And Remember to Keep Safe from Injuries and Falls



**Phelps Hospital**  
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