

Going Home Instructions

How to Care for Yourself after a Nerve Block

(Hips, Legs, Ankles, Feet, Toes)



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 to help decrease pain near the surgical site. The nerve block may be given before, during, or after the surgery and may last from 24 up to 72 hours depending on the which medication was used.

- The body part may feel heavier or different; can affect your sense of balance and increases your risk for falling.
- Do not try to stand or put any weight on your leg until the tingling/numbness completely wears off AND when your surgeon says it is safe to do so. If you are able to get up use crutches to stand or walk

Safety is Important!

It is important to protect the affected body part injury. Depending on the nerve block you might not have any feeling for several hours.

Here are a few things to remember while the body part still feels numb:

- You might not be able to control the body part until the nerve block completely wears off.

Don't Wait!

You may begin to take your pain medication when sensation starts returning. Take the medication as directed by your doctor.

If you received **Exparel**, a Teal/Green Exparel wristband will remain on your wrist. The use of local anesthetics should be avoided during this time.

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

Your Doctor:

Phone #:

Phelps Hospital

701 North Broadway
Sleepy Hollow, NY 10591

Northwell Health Physician Partners:
(914) 269-1900

Nerve Block Received:

Date/Time Started:

