



Side Effects of Regional Anesthesia/ Nerve Block

Numbness and Weakness

Can be present for up to 24-48 hours until the nerve block completely wears off.

Tips:

- Please have a responsible adult stay with you for the first 12 hours because the nerve block can limit your abilities.
- Do not drive or operate machinery until the numbness has worn off and normal movement has fully returned.
- Please contact your surgeon if the numbness or weakness continues after 48 hours.



Drowsiness

It is common to feel drowsy or lightheaded for up to 12 hours after the procedure.

Tips:

- Drink plenty of fluids. Dehydration is the most common cause of these symptoms.
- When standing up and moving around, make sure to have someone available for assistance.



Pain

Pain will likely return once the nerve block has worn off.

Tips to limit pain:

- Follow your surgeon's instructions for pain medications.
- If your nerve block wears off overnight, you may wake up in a lot of pain. Before falling asleep, consider taking your pain medication as prescribed, even if you are feeling comfortable.

