



Patient Information

Guidelines following a Regional Anaesthetic

We hope that your stay in our Day Surgery Unit has been comfortable and to your satisfaction. We hope that you have a speedy recovery and that the following instructions will be of help.

Aftercare - Depending on the type of anaesthetic used the numbness in your limb may last from between 2 to 48 hours. During the time the block is working you will not be able to use your arm. As the block wears off you may experience pins and needles in the affected area, this is normal.

Sometimes short and long acting blocks are combined so that you regain most of the feeling and function in your limb whilst keeping the part that was operated on numb for longer. If the block affects your arm you may be given a sling to help protect it. If the block affects your leg then you may need a crutch to help you walk.

Until your arm is feeling normal you need to be careful around heat sources, machinery and domestic appliances. Be aware that an injury can occur without you realising.

If you are still numb 48-72 hours post procedure please contact your Anaesthetist via switchboard on **01793 604020** or the anaesthetic office on **01793 605230** during working hours.

Pain Relief - You should start taking pain relief medicines while your arm is still numb so that the pain killers are already working when the block wears off. This is important as the pain can appear quite suddenly.

If you are able to take Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) like Ibuprofen these are very effective for post-operative pain and can be taken at the same time as drugs that contain Paracetamol. The Nurse looking after you will be able to advise you on this.

Try to time taking the painkillers so that you can take a dose just before you go to sleep. This will help give you a better night's sleep as the numbness in your limb can wear off during the night if it hasn't done already.



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You were given the following pain killers while in Day Surgery

Paracetamol at

Codeine at

Ibuprofen at

Further help

If there are any problems after you return home, please telephone your General Practitioner (GP) or out of hours GP service, or the Day Surgery Unit on 01793 604148 between 8.00am and 7.00pm, Monday to Fridays (excluding bank holidays).

After 7.00pm or at weekends please contact the Surgical Assessment Unit on 01793 604039.

If the block has not fully worn off by 48-72 hours after the operation you should contact your anaesthetist by calling the anaesthetic department on 01793 605230.

If you have any suggestions on how we can improve our service, we would be happy to hear from you. Please write to:

Senior Sister
Day Surgery Unit
Great Western Hospital
Marlborough Road
Swindon
SN3 6BB

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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