



# Peripheral nerve block

## What is a peripheral nerve block?

A peripheral nerve block is an injection of local anaesthetic around a peripheral nerve.

Peripheral nerves supply sensation to a small, defined area of the skin and the underlying tissue. A local anaesthetic block of this nerve is used to treat pain in a specific area following an operation or injury.

## Why is it needed?



## Aftercare

After a nerve block, you cannot feel pain, pressure or extremes in temperature. Because your limb is numb, it is at greater risk of injury. It is therefore important to protect the limb by immobilisation, such as a sling for an arm, and proper positioning. If you have had a leg block, you are advised to seek assistance with mobilisation. While you are awake, change position of your arm or leg often. This helps to avoid putting too much pressure on the limb for long periods of time.

## Pain medication

Before t