

**Your surgeon may request that you receive a continuous peripheral nerve catheter for a nerve block to help with pain following your procedure. Below, you will find some information concerning the nerve block.**

1. This is a small tube, similar to an IV catheter that allows delivery of numbing medicine to the nerves around the surgical site.
2. Usually inserted in the preop area, prior to surgery, after sedation.
3. Risks include, but are not limited to: bleeding, infection, damage to nerve or surrounding blood vessels.
4. Designed to minimize pain after surgery, not eliminate it – **YOU WILL NOT BE PAIN FREE.**
5. The pump does not contain narcotics.
6. ***Your limb will be numb and paralyzed for 8-24 hours following surgery*** – the block wears off gradually.
7. You may experience tingling in the affected extremity as sensation returns.
8. Do not drive or operate machinery while the block is in effect.
9. Be aware of your surroundings – normal protective mechanisms are not in effect (you will not be able to feel heat, cold, or pain).
10. Rest affected limb on a pillow and move it slightly every hour or two.
11. Take oral pain medications as soon as you begin to feel some discomfort – do not wait until pain is intolerable.

12. Signs of over-medication of numbing medicine:

*Confusion*

*incoherent speech*

*ringing in the ears*

*tingling around the lips*

**Other concerns:** rash, hives, fever greater than 101.5 F, excessive pain, redness at the catheter site.

-Numbness or weakness that persists for more than 12 hours after the catheter is removed

-Swelling or severe bruising at the nerve block site

**Call the numbers listed following this information if you experience any of these symptoms**

**Contact information: 1-844-724-6123**

**1-844-PAIN-123**

13. You may perform physical therapy exercises as directed by your surgeon

- *Do not submerge the pump in water*
- *Do not expose pump to extreme temperatures*
- *Do not try to reinsert catheter if it comes out*
- *Do not shower – sponge bath only*
- *Do not change the dressing at the catheter site*

14. The catheter is held in place by a dressing and tape. It is ok to reinforce the dressing with regular tape if it appears to be loosening.
15. A small amount of dark fluid around the nerve block catheter is normal. You may see clear fluid leaking around the catheter site and dressing – this is normal and extra gauze may be placed on top of the original dressing. If you notice the pump or tubing leaking, call the phone numbers given.
16. If you feel the surgical site is too numb, you may turn off your pain pump temporarily by pressing the start/stop button for 5 seconds, then on/off button for 5 seconds.
17. It is ok to take oral pain medicine with this pump if you are experiencing pain. Do not take pain pills if you are not having pain.
18. The air bubbles in the tubing are harmless.
19. To restart the pump; press and hold the on/off button for 5 seconds, then press and hold the start/stop button for 5 seconds. The pump will beep 5 times and "run" will be displayed on the screen.

**The pump is set at a rate of 8ml/hr  
If additional medication is needed:**

1. Press and hold the dose button for 5 seconds. (this will deliver 4ml/hr bolus)
2. You may press this dose button every 30 minutes if needed.

## To remove the peripheral nerve catheter:

1. Wash your hands
2. Stop the infusion by closing the clamp attached to the tubing
3. Remove the adhesive and gauze over the tubing
4. Slowly remove the catheter by pulling it from the skin (it should come out easily with gentle pressure)
5. Apply pressure to the site for 5 minutes
6. Apply an adhesive bandage
7. Inspect the site for bleeding, redness or swelling. If any of these symptoms occur, please notify us at the numbers listed below.

Patient / Caregiver: \_\_\_\_\_

Nurse: \_\_\_\_\_

Date: \_\_\_\_\_