

Peripheral Nerve Block

<i>What is it?</i>	A peripheral nerve block is an injection of a solution of cortisone (anti-inflammatory medication) and a local anesthetic (numbing medication) around certain nerves that may be causing your pain. These may be done for pain in the face, hands, arms, legs and feet.
<i>Why is it done?</i>	Peripheral nerve blocks are done to diagnose and treat chronic pain in the face, hands, arms, legs and feet.
<i>How is it done?</i>	You will be asked to either lie down on the examination table or to sit in a chair. The area to be injected will be cleaned with alcohol. A topical anesthetic (numbing) spray may be used to decrease pain at the injection site. Using a thin needle, a mixture of local anesthetic and cortisone are injected into the painful area
<i>What to wear?</i>	Please wear loose, comfortable clothing and leave all jewelry and other valuables at home.
<i>How long will it take?</i>	Please arrive 15 minutes before your appointment time. The procedure lasts about 15 min.
<i>Can I drive home from the procedure?</i>	Yes, you can drive
<i>Can I eat before?</i>	Yes, we encourage you to eat a normal breakfast or lunch.
<i>Should I stop taking aspirin?</i>	No
<i>Can I take my medications?</i>	Yes
<i>Risks of this procedure include, but are not limited to:</i>	<ul style="list-style-type: none"> *Pain in the area where the needle(s) was/were inserted. This can last for 2 – 3 days, and can be treated by using ice and mild analgesics (pain medication) such as Motrin, Naprosyn or Tylenol. * Risks of local anesthesia include, but are not limited to: allergic reaction to the medication and soreness at the injection site, seizures and cardiac arrhythmias. *Temporary numbness or weakness. * Bleeding in the injection area. * Infection in the injection area. * Increased pain * Nerve damage, paralysis, stroke and even death.