

What to Expect After a Nerve Block

A nerve block can last from a few hours to 36 hours. Typically muscle weakness improves first, then a tingling sensation may happen, and then pain. The affected body part may feel numb and weak.

This is normal and expected and should disappear as the nerve block wears off.

Fall Prevention

While the nerve block is working, protect the numb body part.

If a sling or a brace is given, please follow the instructions provided by your healthcare team.

If a leg block was done, do not stand or walk on the affected leg without using crutches, a walker, or the help of another person. A knee immobilizer does not offer support for weak muscles. The leg will be weak and if full weight is placed on the leg, a fall may happen.



Pain Assessment and
Management Initiative

**Contact a PAMI pain coach
educator to learn about general
ways to manage pain (unrelated
to the nerve block/procedure).**

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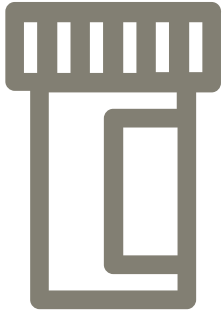
Pain Assessment and
Management Initiative

Pain After a Nerve Block



When to Take Oral Pain Medications

- The numbing medication may not relieve all of the pain from the procedure
- Follow the instructions in your after visit summary provided by the hospital regarding pain medication use
- Remember, it can take 20 – 40 minutes for oral medications to take effect



Nerve blocks can last a few hours to 36 hours. If numbness lasts longer than 48-72 hours, call the Acute Pain Service at **904-306-4232** and follow the instructions.

How to Track Your Pain

It is important to keep track of your pain so you and your healthcare team can discuss the best way to manage your pain.

Journaling can be a helpful way to track pain. What information should you write down?

- **Daily pain scale rating from 0 to 10:** Before and after medications and other treatments, such as aromatherapy or virtual reality, how would you rate your pain?
- **Describe your pain:** How does your pain feel? Burning? Sharp? Stabbing? Throbbing?
- **Time of day:** When is your pain the worst? In the morning? Afternoon? At night?
- **Precipitating factors:** What makes your pain worse? Walking? Sitting?
- **Medications:** What medications did you take? Did they provide relief? How often did you take them?
- **Nonpharmacologic therapy:** What integrative methods (aromatherapy, art therapy, etc.) helped or did not help?

Other Ways to Manage Pain

Relaxation methods

- Breathe in aromatherapy
- Listen to music
- Practice deep breathing
- Go outside in nature

Distraction tools

- Color/draw
- Practice journaling
- Talk with friends or family
- Try virtual reality



Avoid using hot or cold objects as they can damage the skin without you knowing.