



DRAFT ONLY: 032743\_Regional Anesthesia Service - Outpatient Single-shot Nerve Block, 2018-05-10d2



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**Stanford Pediatric Anesthesia**  
300 Pasteur Dr  
Stanford, CA 94305

# Outpatient Single-shot Nerve Block

Regional Anesthesia Service

## What is a Nerve Block?

A nerve block can reduce the pain after surgery by delivering local anesthetic medication near your nerves.

### What are the benefits?

- Better pain relief
- Fewer oral medication use
- Less general anesthesia
- Faster recovery

### What should I expect with a nerve block?

- 4-24 hours of pain relief
- Mild pain
- Side of nerve block will feel numb, heavy or weak

### What precautions should I be aware of?

- Someone should be with you at all times
- Do not apply pressure, cold, or heat on your numb limb
- Ask for help when getting up and moving around at all times
- If given, please use your sling, splint, brace, or boot as instructed
- If the affected limb is numb for longer than 24 hours, please call the Regional Anesthesia Service

### Who can I contact for help?

Please contact the Regional Anesthesia service with any concerns.

### Block performed by:

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**Contact number:** (650) 736-7080

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