

Going Home With a Continuous Nerve Block

What to Expect For Pain Relief After Surgery

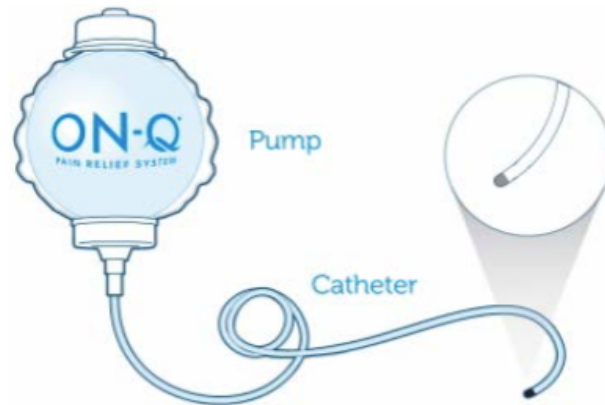
What is a continuous nerve block?

During your *continuous block procedure*, a small plastic tube (*catheter*) will be placed. The catheter is placed close to the nerves that control feeling and movement to a targeted site. A small disposable device pumps numbing medicine through the catheter over time to control your pain.

When should I call right away?

If any of the following occur, **clamp the tubing to stop the infusion**

- Numb lips.
- Metallic taste in the mouth.
- Ringing in your ears.
- Dizziness/lightheadedness.
- Nausea and vomiting.
- Increased sleepiness.
- Tremors or shakes.
- **In case of seizure, call 9-1-1 immediately.**



ON-Q nerve block pump and catheter.

What should I expect?

- Numbness of the targeted body part. This may feel like “pins and needles” or the feeling of that body part has “fallen asleep.”
- The continuous nerve block catheter will not take away all of your pain. However, you will not need to take as much pain medicine while it is working.
- The body part where the catheter is placed will be numb and may be weak. You may not be able to put all your weight on it.
- Over time, the pump will slowly lose its shape and flatten. This will take days, depending on pump size. When the pump is empty, you will see a core that is stiff inside.
- A team member will call you each day while your catheter is in place to make sure it is working safely.
- **Do not change or tamper with the flow rate dial.**



An empty pump.

Any Questions or Concerns?

Your questions are important. Call your doctor or healthcare provider if you have questions about your catheter or pump.

- ON-Q 24-hr product support hotline **800.444.2728**.
- Matrix Anesthesiology Hotline **425.646.5825**.

Caring for your nerve catheter

- **Avoid** pulling, kinking or pinching the catheter or tubing
- There may be some leakage of clear or pink fluid at the catheter site or around the bandage — **this is normal**. You may reinforce with additional first-aid tape. **DO NOT** try to pull off or replace the dressing.
- Keep the catheter insertion side and bandage dry.

Caring for your body

- **Always** protect your numb body part. Be careful with hot, cold, hard or sharp surface. Be especially careful of ice or heat packs.
- Try to avoid putting too much pressure on the numb body part.
- Follow your doctor's instructions about positioning and activity.
- For **Knee Surgery - Always** have someone help you when you stand or walk. Wait until you have regained full feeling and strength when therapy has stopped before attempting to walk or stand by yourself.

Removing the nerve catheter

Removing the catheter should be very easy and painless. When the pump is empty and normal sensation has returned:

- Take off the dressing over the catheter. Do **NOT** use scissors.
- Firmly grasp the catheter near where it exits the skin. Then pull steadily and gently until the catheter slides completely out. If there is any sudden, sharp pain when you begin to pull, **STOP**. Call us for further instructions.
- The end of the plastic tubing should have a black mark on the tip. If it does not, please call us (see phone numbers on the left).
- Place the catheter, plastic tubing and pump in the trash.
- You may place a bandage over the spot where the catheter was.

For a video on how to remove the catheter, please visit www.myon-q.com/faqs.aspx.