

Are you BLOCK SAFE?

As part of your operation you have had a regional anaesthetic block (a numb arm/leg) to make you more comfortable. To look after your limb until the block wears off we ask that you check four things whilst on the ward or at home.

S

Slings and scalding

Ensure a safe limb, take care to wear your **sling**, avoid **scalding** your numb arm / leg. Protect your numb limb from any pressure areas with a pillow.

A

Analgesia / painkillers

Make sure that you take all your regular / prescribed **painkillers** even if you are comfortable now, in readiness for when the block / numbness wears off, so that you are not suddenly in pain or discomfort.

Please take the following (tick/delete as appropriate)

- Paracetamol** 1g (2x 500mg tablets) every 4-6 hours (maximum 4g, 8 tablets in 24 hours)
- Ibuprofen** 400mg (2x 200mg tablets) every 8 hours (maximum 1200mg, 6 tablets in 24 hours)
- Codeine Phosphate** 30-60mg (1-2 tablets) every 4-6 hours (maximum 240mg, 8 tablets in 24 hours)
- Tramadol** 50-100mg (1-2 tablets) every 4-6 hours (maximum 400mg, 8 tablets in 24 hours)
- Gabapentin 100mg/300mg (please circle)**, 1 tablet twice a day, one in the morning and one before bed

F

Falls

While your limb is blocked it may affect your **balance**. Be careful when getting up or walking that you do not fall.

E

Ensure block receding

If your arm/leg is not back to normal /or **still feels numb** 48hours after your operation contact: (0118) 322 7068 between 9am and 4pm or ring the switchboard on (0118) 322 5111 out of hours and ask for the anaesthetic registrar. We will arrange to see you.