

After your regional anaesthetic (Local Anaesthetic Block - LEG)

You should be very careful putting weight on your affected leg.

Always have someone with you the first time you try and stand up.

If the leg is numb, you may not be fully aware of the position of your leg, so you could be injured as a result.

During the time the block is working your leg or foot will feel very heavy and needs to be supported. You may need to be supported with crutches. As the nerve block wears off you may experience pins and needles in your leg or foot. This is completely normal. How long the numbness takes to wear off can vary - but it should have worn off within 24–48 hours.

Advice for carers:

<https://www.rcoa.ac.uk/sites/default/files/documents/2020-05/12-SedationCarerweb.pdf>

<https://www.nhs.uk/conditions/local-anaesthesia/>

Things to watch out for

You will need to seek help from the emergency medical services if:

- You notice unexplained breathlessness
- You experience severe pain that is not controlled by your tablets
- If the block has not fully worn off two days after the operation you should contact your anaesthetist/surgeon by calling the number given on your discharge paperwork

Take special care around heat sources, such as fires or radiators. You will not feel heat while your leg is numb and you may burn yourself.

Avoid using any machinery or domestic appliances.

Injury is more likely while you have no sensation in your leg.

Start taking your pain relief medicines before the block wears off, as instructed by the hospital. This is important as the pain can start quite suddenly.

Pain relief after surgery

You may be given a supply of painkillers. when you leave the hospital. It is sensible to buy some over-the-counter painkillers to have ready at home.

Speak to your GP if you are still needing these two weeks after leaving hospital.

If you feel very unwell or start having a fever, you can call your GP or get a friend or relative to take you back to the hospital or nearest Emergency Department.

You can contact the hospital, if you have further questions, by calling switchboard and asking for the ward where you were last looked after:

Queen Elizabeth Hospital Birmingham
Tel: **0121 371 2000**

Good Hope, Heartlands and Solihull hospitals
Tel: **0121 424 2000**

You can call **111** for urgent medical assistance. For emergencies call **999**. Explain your symptoms and tell them that you recently had an operation.

If you wish to leave feedback on your anaesthetic care then please call **0121 371 4400** or email **complaints@uhb.nhs.uk**

More information

www.rcoa.ac.uk/patient-information