

# Care After a Femoral Nerve Block

## Femoral Nerve Block

To help manage your pain, you had an injection of anesthesia around the femoral nerve in your leg.

The nerve block may not cover all areas of your pain. Take your pain medication as directed.

## What To Expect

- It is common to have some soreness or muscle spasms at the injection site.
- The nerve block may cause you to feel weak or numb in your affected leg. The block wears off in 12 to 24 hours. You will then feel less numb, be able to move your leg more, and feel more discomfort.

## Activity

- You will rest for 30 to 60 minutes before you leave the hospital.
- You should have someone stay with you and be able to help you for 24 hours after the procedure.
- Do not drive or use machinery for 24 hours or until your health care provider says it's OK.
- Avoid any strenuous activity (like exercise) or heavy lifting (more than a gallon of milk) for the first 24 hours or as directed by your health care provider.
- You may take a shower the day after the procedure or as directed by your health care provider.

### Your Health Care Provider

Name:

Phone number:

- After 24 hours, return to your normal activities as you are able. Follow any instructions your health care provider gave you.

## How To Keep From Falling

- **For the first 24 hours after the nerve block:**
  - wear your knee immobilizer
  - use your crutches.
- **After 24 hours:**
  - Follow your health care provider's instructions for putting weight on your leg.

## Food and Beverages

- Eat your normal foods.
- Follow any instructions your health care provider gave you.
- Do not drink alcohol while you are taking prescription pain medicine.

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## Medicine

- Take your pain medicine as directed.
- Use a cold pack for comfort.
  - Place a clean, dry towel on your skin before you place the ice pack.
  - Leave the cold pack on for 20 minutes at a time, once every 2 hours for the first 24 hours.

## Site Care

- Keep the injection site clean and dry.
- Do not swim or soak in a bathtub or hot tub for 24 hours or as directed by your health care provider.

## When To Call Your Health Care Provider

Call your health care provider if you have any of the following:

- swelling, drainage, redness or warmth at the injection site
- numbness, tingling, weakness or being unable to use your leg that lasts longer than 24 hours
- new or worse pain
- changes in bowel or bladder
- chills or fever of 101 F or higher
- any new symptoms
- any questions or concerns.

## Follow-up Appointment

Please keep all follow-up appointments with your health care provider or specialist, even if you are feeling well.