

Care After an Ankle Block

General Information

The anesthesiologist (doctor of anesthesia) will inject the medicine to numb your foot for surgery to provide pain relief.

With the ankle block, you may have received other medicine (sedation) to make you comfortable. This will affect your ability to think clearly and make good decisions.

Diet

- Drink small amounts of clear liquids, such as water, soda or apple juice.
- Avoid sweet and spicy foods, and foods that are hard to digest for today.
- Eat more as you can tolerate.
- If you feel nauseated, do not eat or drink anything for 1 hour and then try drinking clear liquids.

Activity

- For your safety, you will need a responsible adult to drive you home and to stay with you for 24 hours.
- For 24 hours:
 - Do not drive or use any machinery.
 - Do not make important decisions.
 - Do not drink alcohol. (It is also important to not drink alcohol as long as you are taking prescription pain medicine.)

- As the block wears off, your foot will begin to feel like “pins and needles” before it returns to a normal feeling.
- Protect your foot while it is numb.
- Stay quiet and rest today. You may feel sleepy.
- Keep your foot raised on pillows to help keep the swelling down.
- Avoid extreme temperatures while your foot is numb.

Discomfort/Medicines

- Take your prescribed medicine as directed by your doctor.

Other

- Please read the instructions you received when you left the hospital.
- If you have any questions or concerns, please call the hospital and ask to speak with an anesthesiologist.