

Care After an IV/Bier Block

General Information

The anesthesiologist (doctor of anesthesia) will inject medicine to numb your arm or leg. This numbness will last during your surgery.

With the IV (intravenous) 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.)

- Remain quiet and rest the day of surgery.
- You may feel lightheaded, dizzy or sleepy.
- Protect your arm or leg while it's numb.
- Keep your arm or leg raised on pillows to help keep the swelling down.
- As the block wears off, your arm or leg will begin to feel like "pins and needles" before you return to a normal feeling.
- Avoid extreme temperatures while your arm or leg is numb.

Discomfort/Medicines

- Take your prescribed medicines as directed by your doctor at the first sign of discomfort.

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.