

Care After an Axillary Block

Axillary Block

The anesthesiologist (doctor of anesthesia) will inject the medicine to numb your arm. This numbness may last up to 24 hours.

With the axillary block, you may have received other medicines (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 foods that are sweet, spicy or hard to digest for today.
- Eat more foods as your body 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.)
- Stay quiet and rest today.

Injection Site

- You may notice some tenderness or bruising where the medicine is injected. This should decrease over the next several days.
- Keep your arm raised on pillows to help keep swelling down.
- As the block wears off, your arm may begin to feel like “pins and needles” before it returns to a normal feeling.
- Protect your arm while it is numb.
- Avoid extreme temperatures while your arm is numb.

Discomfort/Medicines

- Take your prescribed pain medicine as soon as you feel aching in your arm or as the numbness wears off.

When To Call Your Doctor

Call your doctor if you have the following at the injection site:

- increased tenderness
- drainage
- increased swelling
- increased numbness.

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.

Your Surgery Information

Your surgery is expected to start at:

_____.

You will arrive in Phase 2 recovery at about _____. **If you are alone, please arrange for the person who is driving you home to arrive at the estimated arrival time in phase 2.**

To talk to the doctor, please return 30 minutes before this time.

Your estimated discharge time is:

_____.

The above times are not exact. If you have to wait longer than 30 minutes, please ask at the desk.