



Nashville Surgery Center
Post Anesthesia Discharge Instructions
Ankle, Popliteal, Sciatic, Femoral, Lumbar Plexus Blocks

Pain Control:

Your leg/foot was blocked (numbed) so you may have minimal pain for up to 24 hours; nevertheless, have your pain medication prescriptions filled. Take them at the first sign that your block is wearing off (minimal discomfort). Consider taking one tablet of pain medicine prior to bedtime on day of surgery in case the block resolves during the night. The pain medications take a little while before they start working so do not wait too long before you take them. Control of swelling and inflammation is very important in pain control so follow the surgeon's written instructions carefully.

Activity:

Remember you will have little control over your leg with the block present. Therefore, do not try to use it because you can injure it or fall unintentionally. Also remember that your foot is numb so you will not feel heat, pressure or pain that normally will forewarn you of harm. Therefore protect your leg carefully. Use the crutches provided, as outlined by the surgeon, for ambulation. You may be given a knee immobilizer if your thigh was also blocked to provide extra support to your knee until the block resolves.

Mental Status:

The medications used during the surgery/procedure, even if you were not under general anesthesia, may not be eliminated by your body for at least 24 hours; therefore, you should not:

DRIVE A CAR, OPERATE MACHINERY OR POWER TOOLS
DRINK ANY ALCOHOLIC BEVERAGES
MAKE ANY IMPORTANT DECISIONS
ENGAGE IN SPORTING ACTIVITIES,
INCLUDING RIDING A BICYCLE, CLIMBING OR SWIMMING

A responsible adult must remain with you for the rest of the day and during the night for your protection and safety.

Diet:

You may eat today, but it is better to start with liquids, soup and crackers, and then advance to solid foods as tolerated. Increase fiber and liquids in your diet while you take pain medicine and take pain pills and anti-inflammatory pills with food.

Call your anesthesiologist if you notice:

Difficulty breathing
Inability to urinate for over 8 hours
Redness at injection site
Persistent numbness or weakness 48 hours after surgery

NSC Anesthesiologist Phone: 615-497-2870

Call your surgeon for poorly controlled pain (unless instructed otherwise), nausea and vomiting, or questions regarding surgery, the dressing, or the splint/cast.

On the day after surgery you will be contacted by a member of the staff from the Surgicenter and the Department of Anesthesiology separately to inquire about your well being. Your honest response will help us reevaluate our performance and assure the quality of our care. The Anesthesia and Nursing Team at the Nashville Surgery Center wish you a very smooth recovery.