

If you require a translation please contact:

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اگر آپ کو اس کے ترجمے کی ضرورت ہو تو آپ ہم سے رجوع فرمائیں۔

আপনার যদি এই পত্রের অনুবাদের দরকার হয়,
তাহলে দয়া করে যোগাযোগ করুন :

Patient Advice and Liaison Service (PALS)
01932 723553

NERVE BLOCK INJECTIONS

Pain Management Services

Ashford Hospital London Road, Ashford, Middlesex, TW15 3AA

Telephone **01784 884488** Facsimile **01784 884017**

St. Peter's Hospital Guildford Road, Chertsey, Surrey, KT16 0PZ

Telephone **01932 872000** Facsimile **01932 874757**

Website: www.ashfordstpeters.nhs.uk

PATIENT INFORMATION

723 998 - calls will be returned on the following Monday or Thursday.

Urgent calls after Day Surgery should be directed to Accident and Emergency on **01932 722321**, or to your own doctor.

FURTHER INFORMATION

The Pain Society provides a comprehensive web site that you may find useful at www.britishpainsociety.org

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WHAT HAPPENS NEXT?

You will attend out-patients for follow up after your treatment.

Following treatment, most patients will benefit from gentle stretching exercises done regularly at home.

ARE THERE ANY ALTERNATIVES?

Nerve pain is often treated most effectively with more than one treatment at the same time. Physiotherapy, painkillers and TENS therapy are some other options. In some cases epidural injection may also be considered. In selected cases surgery may be offered.

Nerve root injections are an option but patients do best when these are combined with other treatments. There are no direct alternatives to nerve root injections, that is no other injections which do exactly the same thing. However, without nerve root injections the other treatments may still be quite effective.

WHAT IF I HAVE FURTHER QUESTIONS?

Before treatment: You should ask your doctor before you sign the consent form.

After treatment (on day ward): Ask a member of staff; they will answer you questions or will contact your doctor.

After treatment (at home): The Pain Clinic runs a helpline answerphone service for non-emergency queries. Please call **01932**

WHAT ARE NERVES?

Nerves are the connections between the brain, spinal cord and other parts of the body. They carry messages to muscles to produce movement also sensations, including touch and pain.

Sometimes nerves themselves become irritated or injured and may then start to generate pain. This may occur for very many reasons, for example, pressure on a nerve, scarring around a nerve, surgical trauma, infection (such as shingles), blood sugar fluctuations in diabetes, and many others.

When this happens pain may be felt in the part of the body where the nerve normally works and may be accompanied by abnormal sensations in this area, for example, pins and needles, heat or cold, numbness or extreme sensitivity. Pain may be continuous but may also have an intermittent or shooting element. These symptoms may be hard to describe and to understand.

WHAT IS THE AIM OF TREATMENT BY NERVE BLOCK INJECTION?

To inject local anaesthetic and steroid (an anti-inflammatory medication) around the nerve to numb it and to reduce pain.

HOW IS THE TREATMENT PERFORMED?

You will be asked to attend day surgery for the treatment which is done in day surgery theatre.

The skin will be washed with antiseptic solution to prevent infection. Local anaesthetic will be injected to numb the skin. The needle is then placed close to the nerve and local anaesthetic and steroid mix injected in and around the nerve.

This may be performed once or is sometimes repeated as a course of three treatments.

WHAT IS THE POTENTIAL BENEFIT?

Injections do not give permanent relief from all pain, but may produce reduction of pain and sensitivity for a variable length of time. This should allow improved ability to exercise and rehabilitate and maintain the benefit.

WHAT ARE THE POTENTIAL RISKS?

Immediately after the treatment you may have some temporary numbness or weakness in the area - this will be short lived.

Following treatment, you may feel stiff and sore for up to a few days. You should take your normal pain killers regularly during this period, and maintain stretching and mobility subsequent to the first night after treatment.

Although rarely, infection, nerve injury, or puncture of the lining around a nerve can occur.

In general, treatment is well tolerated and you will be allowed home after a short period of observation on the day surgery ward. You should have a responsible adult to take you home and stay with you at home that night.

INTERCOSTAL NERVE BLOCK

This is an injection of local anaesthetic and steroid around one or more intercostal nerves. These are nerves that lie just below each of your ribs. They may be painful due to infection by shingles (herpes zoster), the chicken pox virus, or sometimes due to other causes. The procedure for nerve block is the same as outlined above for other nerves but X-ray is used to see the rib and to aid the location of the nerve.

RISKS

In this procedure there is a small risk that the needle used for the injection may puncture the lung. Should this occur you may require hospital admission for assessment, chest X-ray, and possibly treatment.

After the procedure, if you do feel sharp pain on breathing different to your previous pain, or moderate to severe shortness of breath, you should tell a nurse on day ward who will let your consultant know. If this occurs after you return home, you should discuss your symptoms with your doctor or, if severely affected, attend the accident and emergency department.