

# Taking out the nerve block catheter



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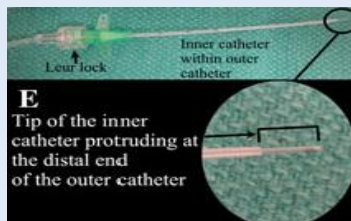
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You will be removing the nerve block catheter at home. A doctor or nurse will contact you by telephone and be available for any questions at the time you remove the catheter.

## INSTRUCTIONS

- Wash your hands. Lift the white tape and clear dressing off the catheter insertion site. Then remove the two strips of sticky tape holding the catheter in place. The only discomfort you should feel is from the tape coming off.
- Hold the nerve block catheter and gently pull it out. It should not be difficult to remove the catheter and there should be no discomfort when removing the catheter. You are looking for a grey colour tip at the end of the catheter to confirm you have removed it all.



- A small amount of blood or fluid drainage from the insertion site is normal. You may hold pressure over the site where the catheter was removed for 5 – 10 minutes then apply a band-aid to the area. The band-aid may be removed later on the same day.
- Throw the dressing, pump, tubing, and nerve block catheter in the garbage.
- You may wash the catheter insertion site with soap and water as needed.
- The numbness in the arm or foot should resolve over the 12 – 24 hours after removal of the nerve block catheter. Please call us if your arm or foot is still numb after 24 hours.
- Following catheter removal you should continue to take your oral pain medicine as needed for pain.

# Managing Your Nerve Block at Home

Contact number 416.756.6003

Identify yourself as a “Home Catheter Program Patient” and ask to speak to the “Anesthesiologist on Call”

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## What is a continuous nerve block?

A nerve block means blocking the nerve supply to part of the body, such as an arm or leg, so the patient will feel less pain in that area.

Local anesthetic (“freezing”) is the medicine used to manage pain.

A continuous nerve block is a nerve block that provides local anesthetic to manage pain for up to 48 hours.

Both your surgeon and anesthesiologist agree that a continuous nerve block is a good way to reduce your pain at home after your surgery.

The following is information regarding how to care for the nerve block at home.

Remove your nerve block catheter on:

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Contact number 416.756.6003

Identify yourself as a “Home Catheter Program Patient” and ask to speak to the “Anesthesiologist on Call”

## What should I expect?

The local anesthetic will make your arm or leg numb. Over time this numbness will decrease but your limb will not feel normal until the nerve block catheter is removed. You must be aware that your arm or foot may be injured without you feeling pain. Please carefully protect your arm or foot.

Weight bearing (how much weight you can put on your leg or arm) will be determined by your surgeon, but be aware you will have weakness and numbness while the catheter is in place.

## How much pain will I have?

You are receiving local anesthetic through a small catheter (tube) near your nerves to help with your pain after surgery.

All pain from the surgery may not be completely relieved by the nerve block and you will likely need to take pain medication by mouth.

## What pain medicine do I take at home?

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## What should I watch for?

Do not wet the nerve block catheter dressing.

### CALL US IF YOU HAVE ANY OF THE FOLLOWING

- Redness, tenderness, swelling, or drainage at the nerve block catheter site
- Ringing in your ears, metallic taste in your mouth, tingling around your face vor mouth
- Significant change in pain or numbness
- Shortness of breath that is new
- If the catheter is disconnected from the bottle

EMPTY



FULL