

## Surgical Patient Education

# Lower Leg Block

You will receive a block for your foot/ankle surgery. This is done before your surgery by anesthesia.

Why am I having a nerve block? It is used to will help decrease pain after surgery and during surgery. It is more effective than pain medications through the IV and has less side effects.

## What are the Risks?

- Infection
- Bleeding
- Block does not work
- Nerve injury
- Seizure

## What happens during the procedure?

- After you get checked in for surgery we will take you to a monitored area. Sometimes you are given relaxation medication depending on what type of block you are having.
- An Ultrasound machine is used to find the nerve and inject numbing medication around the nerve.
- Your leg will then start to loose sensation and movement and you will be ready for surgery. You will be woken up and when you are stable you will go home, usually within 1-2 hours

## What to expect going home:

- Your leg will be numb for 12-72 hours.
- You may go home with a boot to your leg, it is important to protect your leg and foot since you cannot feel or control the leg till the numbing medication wears off.
- You will not be able to feel cold or heat, and you are at increased risk of falling due to being off balance because you cannot feel your foot.
- You will want to **take your pain medication the night of surgery before you go to bed**. This is so you do not wake up with a lot of pain you did not realize was there because of the block.
- While you are awake, reposition your leg every hour until the numbness wears off.

## When to worry or go to the emergency room:

- You notice a large hematoma/collection of blood where the block was placed go to the emergency room.
- You have severe shortness of breath or chest pain call an ambulance or go to the emergency room.
- If your block has not worn off after 3 days call your surgeon's office.