

## **REGIONAL ANESTHESIA INFORMED/CONSENT FORM**

### **GENERAL INFORMATION**

Regional anesthesia is a technique that allows control of your pain during and after surgery.

A local anesthetic solution is injected close to nerve fibers of your arm, shoulder, back or leg to block the transmission of pain.

This will result in numbness and in some cases also in inability to move the anesthetized area below the puncture point.

This technique is also called a “Block”.

### **TECHNIQUE**

After inserting a specific needle through the skin the nerve is located. A nerve stimulator is used for this purpose. A low intensity current is applied to the needle. When the needle is positioned close enough to the nerve, muscle contractions or movement of the extremity will be felt. A local anesthetic will then be injected and it will take approximately 10 to 15 minutes before you feel numbness in the anesthetized area. Depending on the type of surgery, a catheter can be inserted to continue the local anesthetic infusion for hours or days after the surgery and provide long- term pain relief. Quality and efficiency of the block will be checked before starting the surgical procedure.

### **DO I HAVE TO STAY AWAKE DURING THE PROCEDURE?**

**NO.**

To perform the block you will receive a light sedation to keep you as comfortable as possible. During the surgical procedure you can either stay awake or get an intravenous sedation or a general anesthesia.

If a general anesthesia is required for any reason, the block allows us to use only minimal amounts of anesthetic agents. This will decrease side effects normally related to general anesthesia such as nausea and vomiting.

**ARE THERE ANY PARTICULAR RISKS ASSOCIATED WITH THIS TECHNIQUE?**

Regional anesthesia is a well-established and safe technique. In addition, all blocks are performed by, or under the supervision of experienced attending physicians. However, like with any other medical intervention there is a small risk of potential side effects:

**Nerve injury:**

An injury to the nerve can be caused while the block is performed. We decrease this risk using a nerve stimulator. If it ever happens, you might experience a transitory sensory deficit or paresthesia (tingling) in a part of the anesthetized area. This sensation will usually disappear within a few days.

**Allergic reactions:**

Please let us know if you are known to be allergic to a local anesthetic. Allergic reactions seldom occur, reason why this technique can be recommended if you have a high level of allergies or asthma.

**Seizures:**

If a local anesthetic is injected directly into a blood vessel or a very large dose of a local anesthetic is injected, a seizure can occur. To avoid this potential complication, we assure correct needle placement before the local anesthetic is injected. In addition, we will never exceed the maximal recommended dose of the local anesthetic.

**Hematoma:**

A small hematoma or bruise can develop at the site where the needle was inserted. This will usually resolve within a few days.

**Infection:**

Sterile techniques are used when a block is performed. However, there is a very small risk of infection, especially when a catheter is placed to provide long-term pain relief.

**INSTRUCTIONS FOR DAY SURGERY  
WITH UPPER OR LOWER EXTREMITY BLOCK**

When a block is performed for post-operative pain relief we use either a long acting sensory drug with minimal motor block or a continuous infusion (catheter).

In any case, you have to take care of the anesthetized part of your body.

- The weakness in the blocked extremity may last up to 10-18 hours after the block and may also last longer, especially if you are diabetic. To avoid injury, do not use the blocked limb until the 24 hours after the block.  
**You understand that if you bear weight on the blocked leg earlier, you may fall.**
- Be sure that your limb is in a correct position.
- Be sure there is no constant pressure on a particular point; try to slightly change the position of your limb every 30 minutes.
- No icy or warm pads on the anesthetized zone.
- No manipulation of dangerous devices, hot water, etc.

**If you have any questions**, you can contact the Orthopedic Anesthesia Attending, **Pager # 713-704-8989, ext. 24870** or you can ask the Hermann-Memorial Hospital operator to page him or her for you.

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Patient's Signature

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Date

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Witness