



## Discharge information after regional anaesthetic



You had a **regional anaesthetic** for your procedure today.

This means that you have an injection which made one of your limbs numb for surgery, to allow you to have the operation comfortably without being put to sleep.

### Common safety questions:

The anaesthetic should last between 4 and 24 hours (on average 10-12 hours). During this time, you must:

- Protect your arm from injury by wearing a sling.
- Avoid using your arm until power has fully returned, or longer if advised by your surgeon.
- Start to take your prescribed regular pain killers as soon as the anaesthetic starts to wear off.

The block may take longer than 48 hours to completely wear off. This can be normal, but if you are concerned, contact the Surgical Hub.

### You should contact your GP or 111 if you experience:

- Raised temperature.
- Wound concerns e.g. bleeding, swelling, redness, pus/discharge.
- Severe or worsening pain.

### Key contact numbers



- Surgical Hub (7am-7pm Monday-Friday):  
**02921 826510 or 02921 826348**
- **Your GP**
- **111** for out of hours GP services or A&E