



# Are you BLOCK SAFE?

As part of your operation you have had a regional anaesthetic block (a numb arm/leg) to make you more comfortable. To look after your limb until the block wears off we ask that you check four things while on the ward or at home.

## S

### Slings and scalding

Ensure a safe limb, take care to wear your **sling**, avoid **scalding** your numb arm / leg. Protect your numb limb from any pressure areas with a pillow.

## A

### Analgesia / painkillers

Make sure that you take all your regular / prescribed **painkillers** even if you are comfortable now, in readiness for when the block / numbness wears off, so that you are not suddenly in pain or discomfort.

Please take the following (tick/delete as appropriate)

- Paracetamol** 1g (2x 500mg tablets) every 4-6 hours (maximum 4g, 8 tablets in 24 hours)
- Ibuprofen** 400mg (2x 200mg tablets) every 8 hours (maximum 1200mg, 6 tablets in 24 hours)
- Codeine Phosphate** 30-60mg (1-2 tablets) every 4-6 hours (maximum 240mg, 8 tablets in 24 hours)
- Tramadol** 50-100mg (1-2 tablets) every 4-6 hours (maximum 400mg, 8 tablets in 24 hours)
- Gabapentin 100mg/300mg (please circle)**, 1 tablet twice a day, one in the morning and one before bed

## F

### Falls

While your limb is blocked it may affect your **balance**. Be careful when getting up or walking that you do not fall.

## E

### Ensure block receding

If your arm/leg is not back to normal /or **still feels numb** 48 hours after your operation contact: 0118 322 7068 between 9am and 4pm or ring the switchboard on 0118 322 5111 out of hours and ask for the anaesthetic registrar. We will arrange to see you.

To find out more about our Trust visit [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you need this information in another language or format.**

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