

# MY Nerve Block



## A GUIDED PHOTO TOUR

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## **ACKNOWLEDGEMENTS**

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## **DISCLAIMER**

**Important note: Please read**

The information provided in this document is for educational purposes only. It is not intended to replace the advice or instructions of a professional healthcare practitioner or to substitute medical care. Please contact a qualified health care practitioner if you have any questions concerning your child's care.

## A NOTE FOR PARENTS/CAREGIVERS

This preparation booklet was written primarily for children and adolescents 10 years and over, in order to help them know what to expect on the day of their nerve block. If your child is younger, we encourage you to use the pictures you feel are appropriate to familiarize them with their hospital experience. Since every nerve block is different, some sections of this booklet may not apply to your child. We recommend that you read this booklet first and decide which information you think will help your child feel better prepared for what to expect. Some children cope well with a lot of information while others can become anxious when given too much. You know your child best. We also recommend simplifying the language into terms that your child will best understand.

All information regarding sedation will be discussed with the anesthesiologist on the day of the nerve block.

We encourage you to be a part of your child's nerve block experience, and to share any information you believe can be helpful in making your child's experience at the hospital a positive one.



I am having a nerve block  
to find where my pain  
comes from and how to  
decrease it!



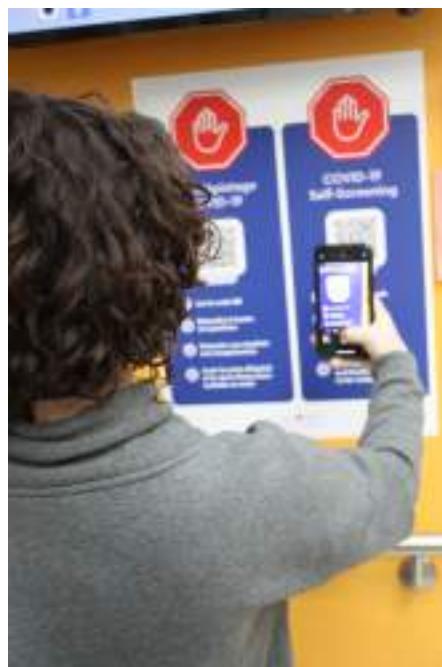
You are coming to the hospital for your **nerve block**. A **nerve block** is a procedure where a numbing medicine is injected close to the part of your body that is hurting, to help that part feel better. It's **O.K.** to feel a little worried, just know that the people you will meet are there to help you and answer all of your questions.

Keep reading to learn more about what your day will be like!

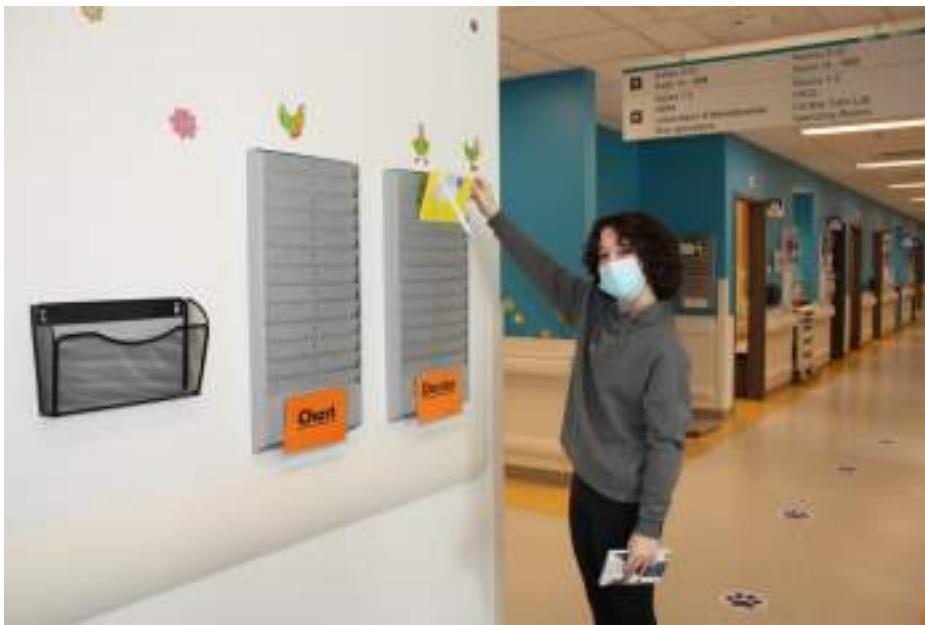




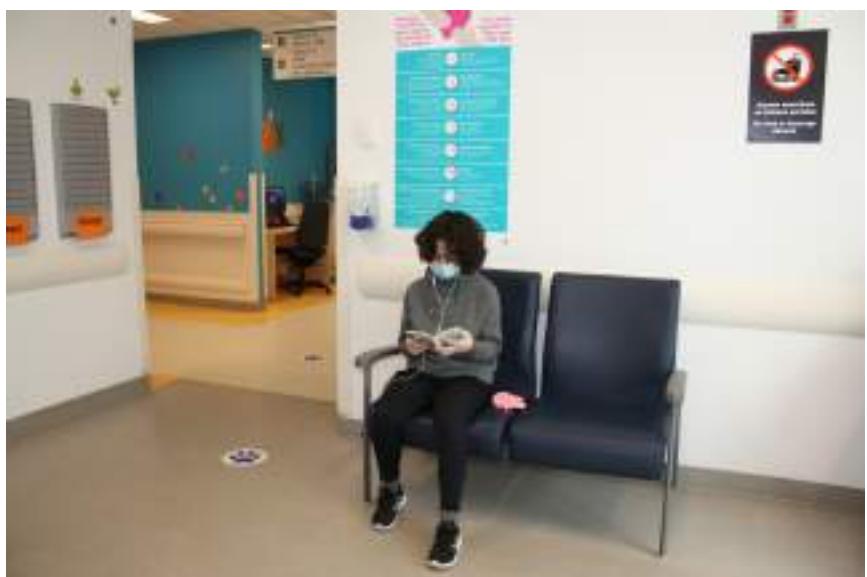
It is **very important** to follow the fasting guidelines we've given you. Depending on which nerve block you're having, the anesthesiologist may decide to give you medications to help you feel more comfortable during the procedure. For your safety and also to reduce the risk of feeling nauseous, it is very important for your stomach to be **empty**.



The first step is to sign in at the **registration desk on the 3rd floor**. There will be a COVID QR code on the wall; scan it, click on the link, and answer the questionnaire that will appear. You will then be given your medical chart.



Follow the blue paws on the floor until you reach the chart holder; then, place your medical chart in the chart holder.



While you are waiting to be called, you will **spend time with your parent/legal guardian** in the **waiting area**.



You can also use your **phone** or **your tablet**, **with headphones**. You can bring a **book** to read in order to pass the time. There is free WiFi at the hospital, so if you need it, you can log onto the following network:  
Network Name: **CUSM-MUHC-PUBLIC**  
Username: **public**  
Password: **wifi**





When your name is called, you and your family will meet a nursing assistant. You will be weighed, and then given a **hospital gown** to change into. You will receive a **bracelet** with your name and birthday on it. If you have any **allergies**, you will also get a **red bracelet** to show exactly what you are allergic to, so we can best take care of you during the procedure.





Your nursing assistant will ask you and your family different questions like: When was the last time you ate or drank? Do you have a cold? Do you have any allergies? Have you had COVID in the last 3 months?

In preparation for the procedure, you will also be asked to remove all your jewelry. Nail polish, fake nails, fake eyelashes, hand cream, perfume, fake tattoos, body jewelry, piercings **are NOT allowed** because they may interfere with the procedure.





Next, you will meet with your **anesthesiologist (who is a pain specialist too)**. There may be a **medical fellow** accompanying your anesthesiologist.

The doctors will ask you your name to make sure that you are the right person. Then, they will: **Explain** the nerve block procedure; **get your consent**; and they may also do a **physical exam**.



The **anesthesiologist** will also discuss with you about the possibility of being asleep or awake during the nerve block procedure. If you have any questions, now would be a great time to ask them.





A member of your care team will apply a **numbing cream** to freeze the skin, a few minutes before placing the **intravenous tube (IV)**.

The purpose of the **IV** is to be able to give your body medication during the procedure and help you stay relaxed.





In order to help keep the Procedure Room **very clean**, everyone will be wearing **uniforms** called **scrubs**, **hats** and **shoe covers**.



Everyone will also be wearing a **mask** that covers their nose and mouth. Don't forget that behind every mask, everyone has a big smile!



When it is time for your nerve block, you can let your parent or your legal guardian know that you will see them later. They will be waiting for you in the waiting room during the procedure.



You will be brought to the **Procedure Room** by the medical team.





When you go inside the procedure room, you will see many **people**, **machines** and **bright lights**. You will also see a special **bed** for you to lie down on.



Some of these machines may be used for your nerve block. Remember, they are not all there for you!





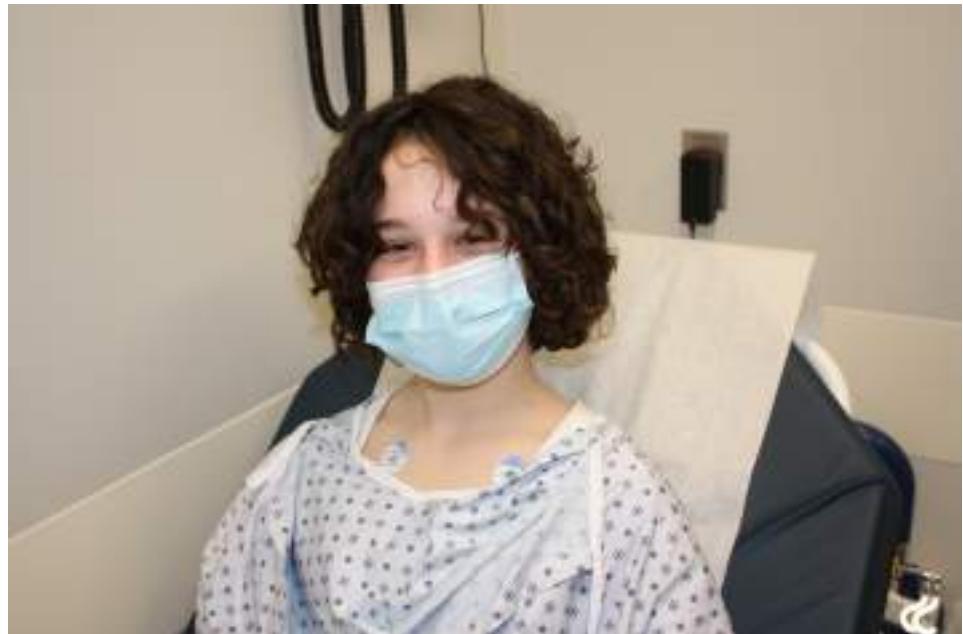
Once you lie down on the bed, the doctors and nurses will start getting you ready for your procedure.

A **pulse oximeter (soft clip with a red light)** will be placed on your finger to check how much oxygen is in your body.

A **blood pressure cuff** may also be placed around your arm.

## Pulse Oximeter and Blood Pressure Cuff

The team may also place three round stickers called **heart monitor leads** on your chest. These stickers listen to your heart beat and follow your breathing during the procedure.



## Heart Monitor Leads



Depending on where they want to put the medication for the block, we may use the following equipment to better locate the area: a **C-arm machine for X-ray** or an **ultrasound**.



C-Arm Machine for X-Ray



Ultrasound (back)



Ultrasound (arm)

Your position will be adjusted according to your procedure and comfort. The procedure room can **feel a little chilly**. A team member will place a **warm blanket** on you to make you feel more comfortable.





Depending on whether you choose to be **awake, slightly sedated, or completely asleep**, the anesthesiologist will be at your bedside to explain the steps. You may have a mask or **nasal prongs** before and during the procedure. The sleep medicine coming into the mask may smell funny, but that smell doesn't last long. We can also put a scented candy oil into your mask to make it smell better.

The doctor will apply a special soap to the site(s) where they will be injecting, to make sure everything is absolutely clean before they start. This soap is usually **bright pink**, so don't worry if you still see signs of it when you go home - you can just wash it off in the shower the following day.

This is also the time **that an IV may be started**.



Every step will be explained to you first, and you will be able to ask questions if you have any.





When your nerve block is finished, you will be taken to the **Recovery room**.

After the procedure, you might feel a little **sleepy, dizzy, queasy** and/or **uncomfortable**. You might also wake up with a **bandage** on the area where you had the nerve block. It is normal that the bandage may not be exactly where your pain site is.

A nurse will be there to take care of you as you recover. It is **important** to let your nurse know how you are feeling so he or she can help you.

Your parent or your legal guardian can also join you there, and bring you a comforting "Care Package" that will help you during recovery, which could include items such as lip balm, a sweater, warm socks, your book, phone, tablet, headphones, and anything else that you will enjoy during your recovery.





Depending on the level of sedation you received during the procedure, you will stay in the Recovery Room for approximately 60 minutes. Once you are recovered enough, your nurse will offer you a popsicle or something to drink. Your nurse will **gently** remove the IV from your hand, if you had one; and then it will be time to get ready to go back home.

The curtain can be closed so that you are able to change back into your clothes. The staff in the Recovery Room will give you a wheelchair to go to the car.



Your Nerve Block is now done!

Your nurse will call you the following week, to see how you are doing. You will also receive a follow-up appointment between 6 to 12 weeks after your nerve block.

Rest and take it easy at home, and remember that we are all here to take very good care of you and answer all of your questions, even after your procedure!

Happy Recovery!

# Glossary

## Anesthesia /Anesthesiologist

*When people have surgery, they get a special sleep medicine, so their body doesn't hear, see or feel anything during the surgery. This medicine is called anesthesia. The doctor who gives you the sleep medicine is called an anesthesiologist.*

## Consent

*Asking for your permission to do the procedure.*

## Heart Monitor

*This is used to get a record of your heart rate and rhythm. The monitor will show anything unusual about your heartbeat. It does not hurt.*

## Intravenous Tube (IV)

*A “tiny, bendy straw” that gives your body medicine and water it needs. IV means intravenous, or “into a vein”. It is a means of getting fluids or medications into your body.*

## Medical Fellow

*In our center, a doctor who is training to specialize in the care of children with pain.*

## Nasal Prongs

*A nasal cannula consists of small, thin tubes placed at the entrance of the nostrils to deliver oxygen or a mixture of oxygen and air into your body.*

## Nerve block

*This is a procedure where a numbing medicine is injected close to the part of your body that is hurting, to help that part feel better.*

## Procedure Room

*This is a treatment room where your Nerve Block will take place.*



## Glossary (cont'd)

### Pulse Oximeter

*This is a sticker or soft clip that measures how much oxygen is in the blood.*

### Recovery Room

*After the Nerve Block procedure, you will go to the recovery room, sometimes called the post-anesthesia care unit (PACU). You'll go to this room until you wake up and see your parents.*

### Sedation

*Sedation is when a medication is given to you to help you feel calm or sleepy.*

### Ultrasound

*This machine uses sound waves to look at the inside of your body. A doctor then can see on a screen the different nerves, blood vessels, muscles and other tissues that will help to make sure they know exactly where to put the medication. For this machine to work, the doctor will use a gel that will feel cold on your skin.*

### X-Ray

*X-rays are a type of invisible electromagnetic radiation that do not create any sensation when they pass through the body. An X-ray machine is used to take pictures of the bones in the area where you have pain so they know exactly where to put the medication to treat your pain.*





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