

Central Nerve Block Analgesia

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

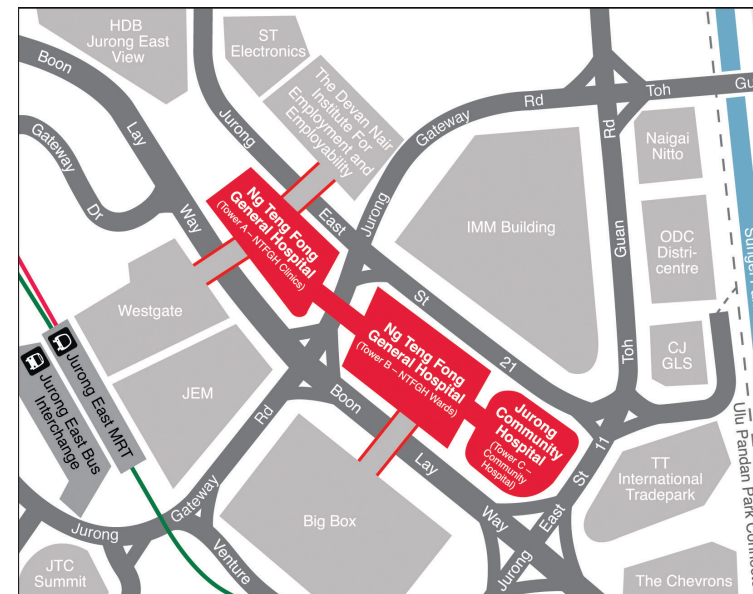
1 Jurong East St 21, Singapore 609606
 General enquiries: 6716 2000 Fax: 6716 5500
www.juronghealth.com.sg

Clinical and appointment line hours (closed on Sundays and public holidays)

For appointments, please call 6716 2222
 Monday - Friday 8.00am - 5.30pm, Saturday 8.00am - 12.30pm

For dental appointments, please call 6716 2233
 Monday - Thursday 8.00am - 5.30pm, Friday 8.00am - 5.00pm

Getting there



By train

Jurong East MRT Station

By bus

From Jurong East Bus Interchange

SBS 51, 52, 66, 78, 79, 97, 97e, 98, 98M, 105, 143, 143M,
 160, 183, 197, 333, 334, 335, 506

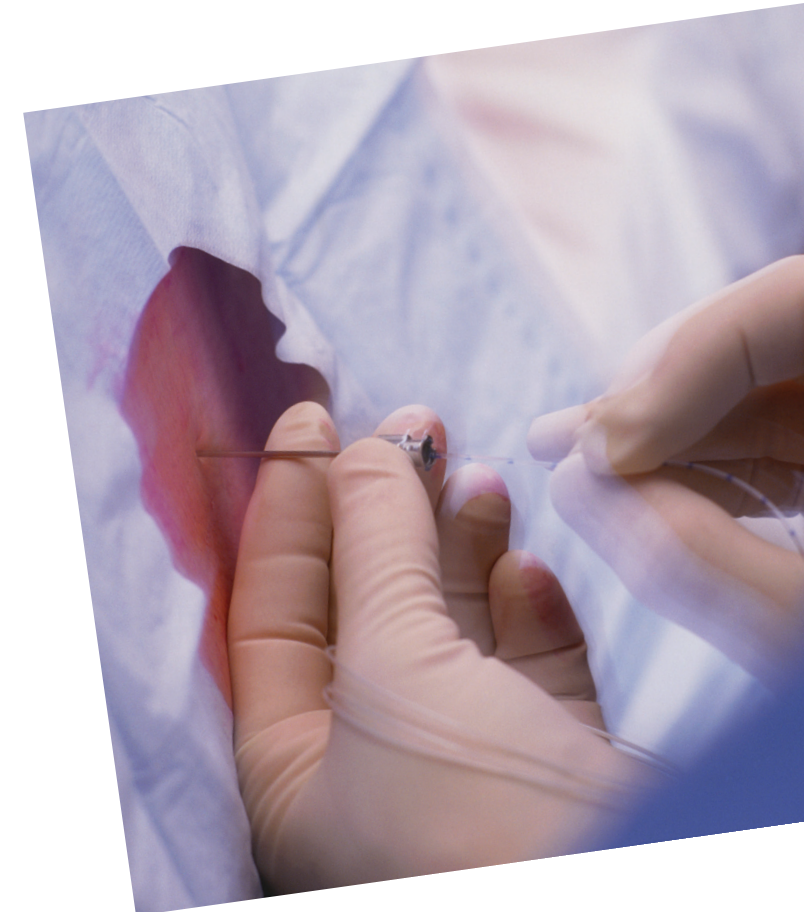
Along Boon Lay Way

SBS 99, Private bus service 625

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition.

The Anaesthesia department comprises doctors and nurses, whose primary role is to ensure a safe and pain-free journey for patients undergoing surgery. An anaesthesia specialist keeps a close watch over every patient in the Operating Theatre, offering patient care from pre to post-surgery. Our anaesthetists also support the Intensive Care Unit and Pain Service.



What is central nerve block analgesia?

Analgesia is used to relieve you of complete or partial pain at surgery. Your anaesthetic doctor will do this by numbing the part of your body that requires an operation. Central nerve block (CNB) analgesia involves spinal and epidural techniques that stop or reduce pain in the legs and abdomen. Pain is numbed when local anaesthesia enters your vertebral canal, where the spinal cord and nerves are.

Local anaesthetic medicine is used to numb the part of your body that requires surgery. It is similar to having your tooth extracted, where minimal pain is felt. Unlike general anaesthesia, you are conscious under local anaesthesia.

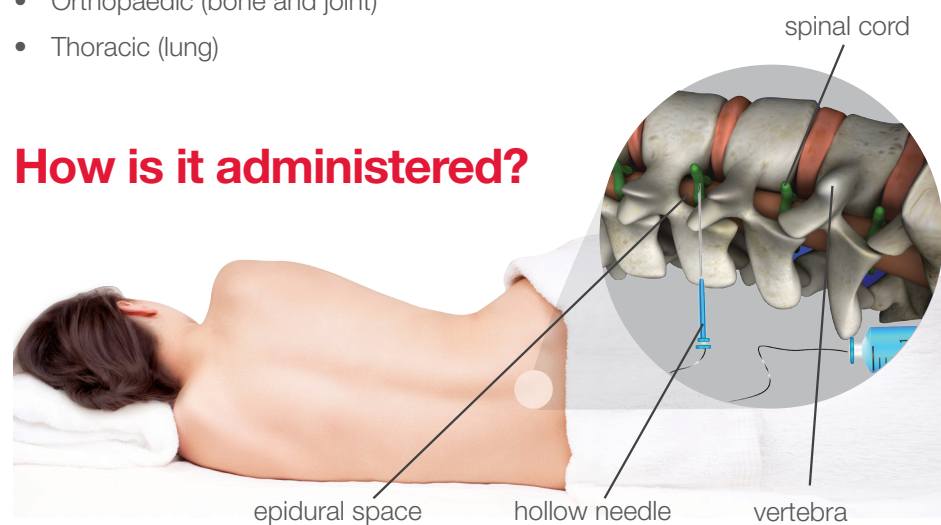
When is it used?

Your anaesthetist will advise CNB analgesia when it is safe to do so.

CNB analgesia is used in different types of surgeries:

- Abdominal (bowel, liver and gallbladder)
- Gynaecology (female reproductive organs)
- Orthopaedic (bone and joint)
- Thoracic (lung)

How is it administered?



Before CNB analgesia is injected, your skin will be cleansed with an antiseptic solution. This reduces the risk of infection at surgery. Lying on your side or sitting up, CNB analgesia is delivered to your lower or middle back by placing a needle into the epidural space (just outside the spinal sac) or spinal sac.

For epidural techniques, a tube containing local anaesthesia and other pain-relieving medicine will be secured to your back to minimise pain.

For spinal techniques, a single injection of local anaesthesia can provide effective pain relief.

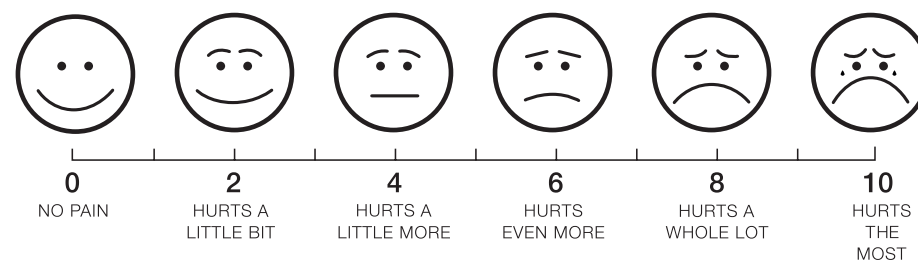
A tingling sensation may be felt in the buttock or leg as CNB analgesia enters your body. This is normal and will go away.

What will I feel?

You may feel some numbness in your lower body (legs/part of your abdomen) and experience difficulty moving your legs. This is normal and expected. For some surgeries, you could be awake or sedated (feeling relaxed or sleepy) but comfortable and pain-free.

A single shot of CNB analgesia can last between 4 - 12 hours. Your anaesthetist may insert a very fine tube (catheter) into your body for pain relief to last longer. This will be checked daily and removed up to 3 to 4 days later by our acute pain team.

Please refer to the pain assessment scale below to manage your pain.



What benefits will I experience?

- You may not need general anaesthesia for your operation
- You feel less pain after surgery
- You may not require additional painkillers
- You experience fewer side effects, such as nausea and constipation
- There is a lower risk of blood clots developing in your legs after surgery



With epidural CNB analgesia:

- You experience an improvement in your breathing and can even cough easily
- There is a lower risk of chest infection after surgery
- Your bowel function moves normally and more quickly

What are the side effects?

CNB analgesia is safe and acceptable in many patients, but risks may vary from patient to patient. These include:

- Bleeding
- Bruising
- Failure (when the technique is less effective)
- Headache (1 in 200 people after epidural injection)
- Infection
- Nerve damage (Rare, about 1 in 10,000 - 100,000 people)

Your anaesthetist and our acute pain service team will continue to monitor you after surgery to prevent any complications from arising. They will also advise suitable treatments to help you cope with pain (where necessary).