

Peripheral Nerve Block Analgesia



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 peripheral nerve block analgesia?

Analgesia is used to relieve you of the complete or partial pain felt during and after a surgery. Your anaesthetist will do this by injecting local anaesthetic medicine to a single nerve or group of nerves to numb the part of your body that requires surgery. This blocks the painful sensations felt in the arm, leg or area being operated on. It is similar to having a tooth extracted, where local anaesthetic is used to minimise pain. You are fully conscious under local anaesthesia.

When is it used?

Your anaesthetist will advise Peripheral Nerve Block (PNB) analgesia when it is safe to do so. PNB analgesia is used in different surgeries:

- Abdominal (bowel, liver and gall bladder)
- Gynaecology (female reproductive organs)
- Ophthalmology (eye)
- Orthopaedic (bone and joint)

How is it administered?

This will depend on the area and type of surgery you are undergoing. Usually, you will be asked to lie on your back (or side) and given some medicine to relax.

Before PNB analgesia is injected, your skin will be cleansed with an antiseptic solution to reduce the risk of infection at surgery. Local anaesthetic medicine is injected near the nerve or a bundle of nerves to minimise pain at surgery. You may experience a temporary tingling sensation or muscle-twitching when it enters your body.



Your anaesthetist may insert a very fine tube (catheter) into your body to relieve you of pain after operation. This will be checked daily and removed 3 to 4 days later by our acute pain team.

What will I feel?

Pain is minimal. You may feel a temporary numbness or heaviness in your arm or leg. Pain relief can last up to several hours or even longer if a catheter was inserted.

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



What are the benefits of PNB analgesia?

- You may not need general anaesthesia for your operation
- You may feel less pain after surgery
- You may not require additional painkillers
- You experience fewer side effects, e.g. nausea and constipation
- You find it easier to return to normal activities later

What are the side effects?

Peripheral Nerve Block (PNB) analgesia is safe and acceptable for many patients, but risks may vary from patient to patient. These include:

- Bleeding
- Bruising
- Infection
- Nerve injury (rare, about 1 in 4,000 - 200,000 blocks). If you feel a sudden or sharp sensation during the injection, please inform our anaesthetist immediately. Please also alert us if you experience a tingling sensation, sharp pain or heaviness in your limbs despite regaining normal sensation after surgery.
- PNB injections are sometimes supplemented by other pain relief or anaesthesia. We combine the best medicine and techniques to minimise pain and optimise your comfort.

Your anaesthetist and our acute pain service team will monitor you after surgery to prevent complications from arising. They will also advise on suitable treatments to manage your pain (where applicable).

Reference: American Society of Regional Anaesthesia and Pain Medicine – patient information, accessed 2013

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

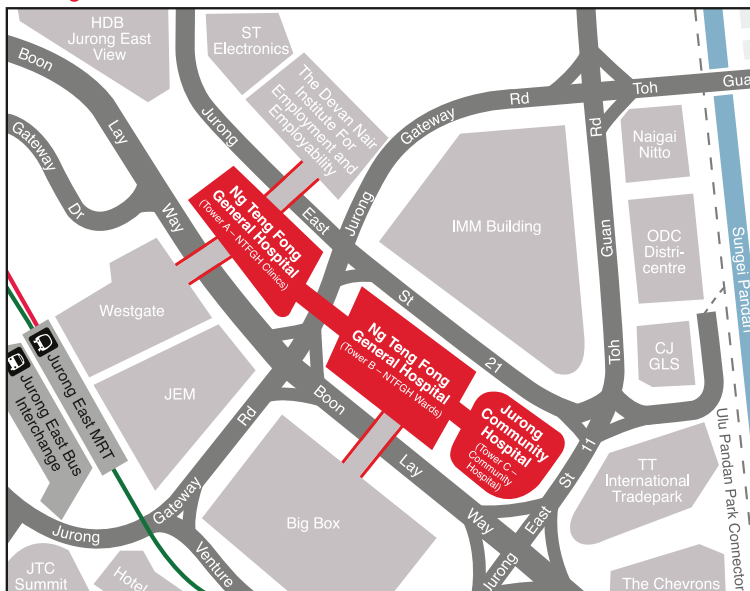
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a 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. Information is accurate at the time of printing.