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Your Nerve Block &Home Pump For Arm/Hand Surgery

Department of Anesthesiology and Perioperative Medicine

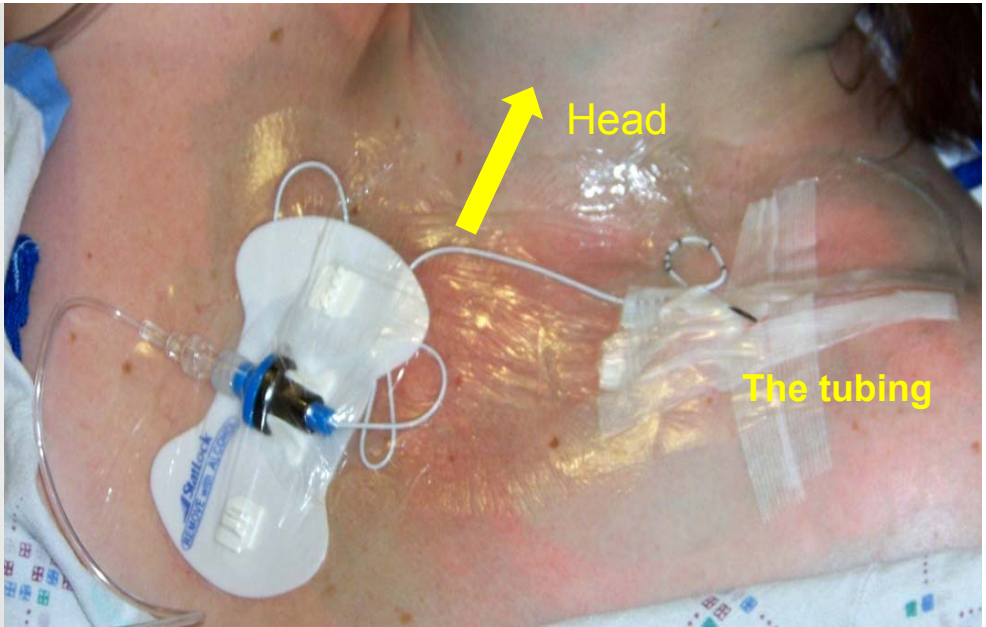
Updated 9/12

Why? To Help Control Postoperative Pain at Home

- A pump connected to plastic tubing will deliver medication to the nerves that go to your surgical wound to numb the pain.

Note: Your nerve block home pump infuses medication around the nerve and is <u>not</u> a pain pump directed into your joint.

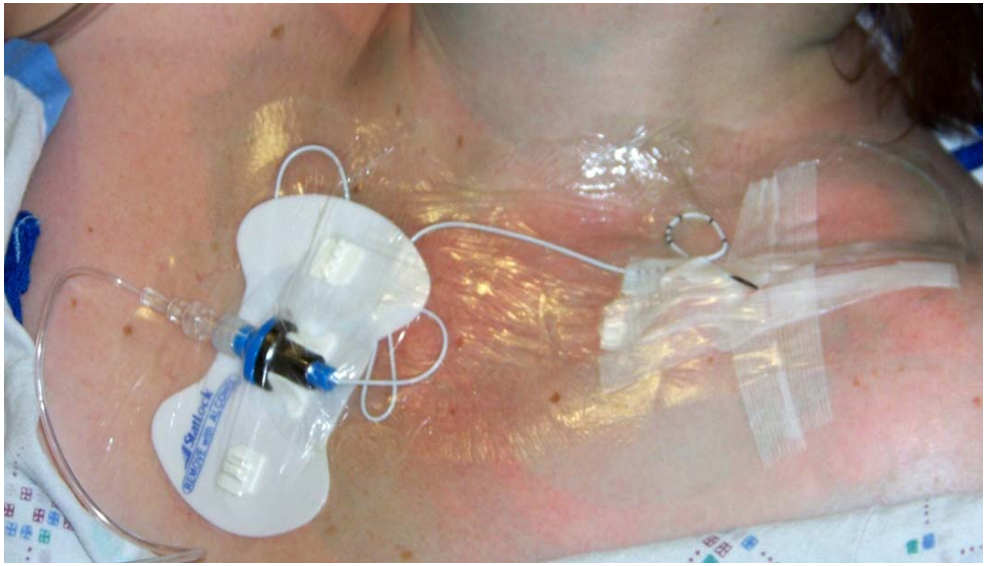




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Locations of Tubing Placement

- A thin tubing will be placed above or below your collar bone (on the same side as your surgery).



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The Tubing (Catheter)

- The tubing will be placed while you are under sedation before your surgery
- This should **not** be a painful procedure
- An Ultrasound machine may be used to guide the procedure
- Placement usually takes about 15 minutes



Ultrasound machine

The Tubing is Secured

- Tubing is well secured with surgical adhesive tape and a clear dressing

- If the tubing comes out, it cannot be replaced and the pump will no longer infuse medication to the site

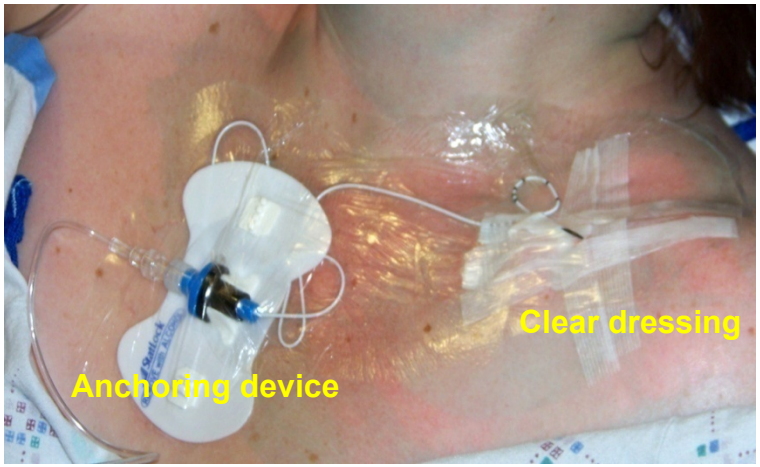






Tubing Attachments

- The site is covered with a clear dressing and secured with an anchoring device





The exact layout may vary

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How It Works

The goal is to keep your pain under control with:

- The home pump

and

- Oral pain medications as directed by your surgeon

It is **normal** to experience some pain

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What to Expect

- You may experience numbness, tingling and weakness in your arm and/or hand on the same side as the home pump (same as the surgical side)

- Some people find this unpleasant

This is **normal**

- This will all go away once the pump is empty

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Side Effects

- Other nerves that are close to those being targeted by the pain pump can also be affected by the local anesthetic
- You may experience a hoarseness in your voice
- Your breathing may feel different
- You may also notice drooping of your eyelid, pupil constriction, and decreased sweating on the side of your surgery
- All of these side effects are normal and go away once the pump is empty

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Precautions

- The numbness may affect your balance

- You must ask your caregiver to assist you when walking or moving around, such as when going to the bathroom

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Prevent Injury

- The limb could be injured by sharp objects or heat and you may not notice it because it is numb
- Keep the limb in a natural position (use the sling provided)
- When lying down keep the limb elevated
- Do not sleep on the limb
- Change the position of the limb regularly
- Avoid applying pressure or heat on the limb

Protect the limb like a baby

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The Pump

Medication:

- Ropivacaine 0.2% runs continuously at a preset rate

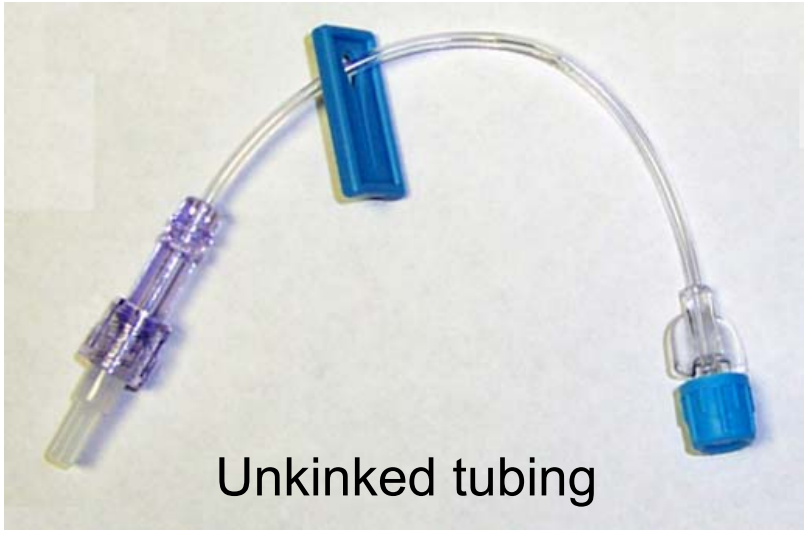


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If Tubing Kinks

- If the tubing kinks, the flow of medication may be interrupted

Check for kinked tubing and undo the kink



Unkinked tubing



Kinked tubing

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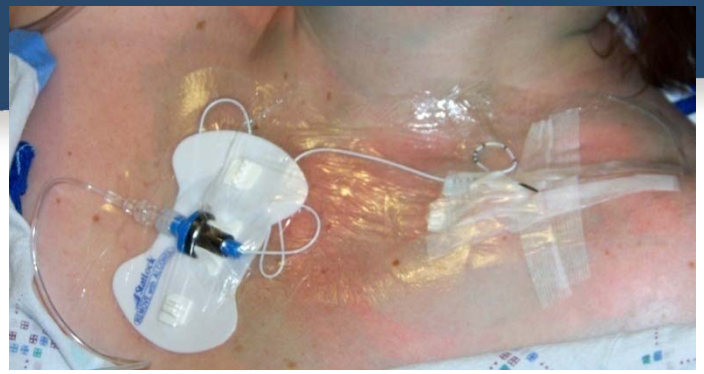
Keep the Pump Dry



- Do **NOT** get the pump wet
- Do **NOT** get your wound (surgical and block area) wet

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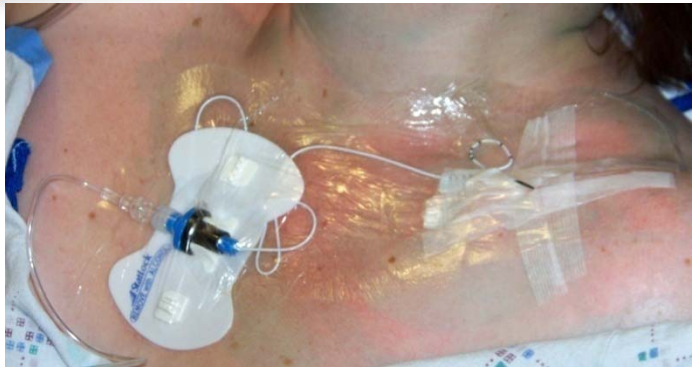
Check the Dressing Daily



- Look for loose dressing
- Look for leakage, redness, pus and/or bleeding
- **Do not replace the dressing**
  - **Add more tape if needed to secure it**
- If the tubing becomes completely uncovered where it enters the skin, the home pump must be stopped and the tubing removed. Then call the Inpatient Adult Pain Service at 503 494-8311 and ask for the Physician On-Call.

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Leaks



- The Dressing may leak:
  - Clear liquid (medication)
  - Could be reddish in color
    - **THIS IS OK**
- **Do not remove the dressing.** A towel or pad can be used to carefully dry the outside of the dressing and/or the surrounding area.
- If the leakage is bothersome:
  - Stop the pump for one (1) hour then restart it

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How to Stop the Pump

Close the tubing clamp

Open the tubing clamp to resume flow of medication



Tubing Clamp Shown Closed

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Signs of Possible Abnormal Drug Reaction

- Ringing/rumbling in your ear(s)
- Metallic/funny taste or numbness in your mouth or lips
- Dizziness, agitation, nervousness
- Irregular breathing or heartbeat
- Shortness of breath or chest pain

If you notice any of these symptoms:
STOP THE PUMP IMMEDIATELY.
CALL OHSU (503 494-8311) and ask for the Home Pump Physician On-Call.
IF YOUR SYMPTOMS ARE SEVERE, CALL 911

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Before Removing the Tubing 2.

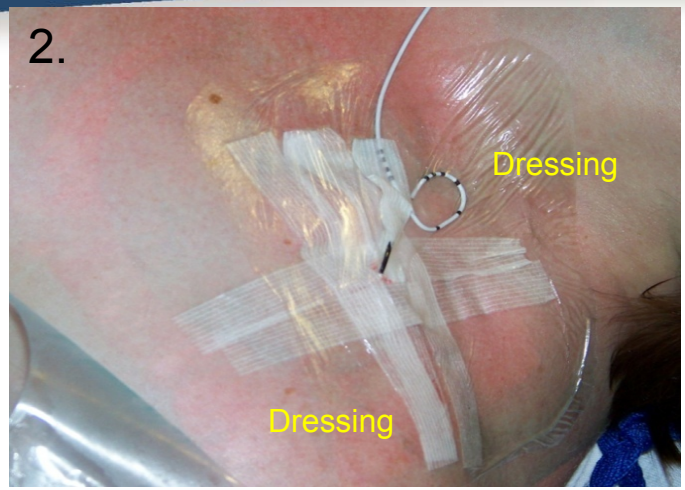
- Wait until your limb is not numb and the pump is empty or when instructed by your pain physician
- Do not cut the catheter
- Stop if you experience pain during removal and call OHSU (503 494-8311): ask for the Home Pump Physician On-Call.

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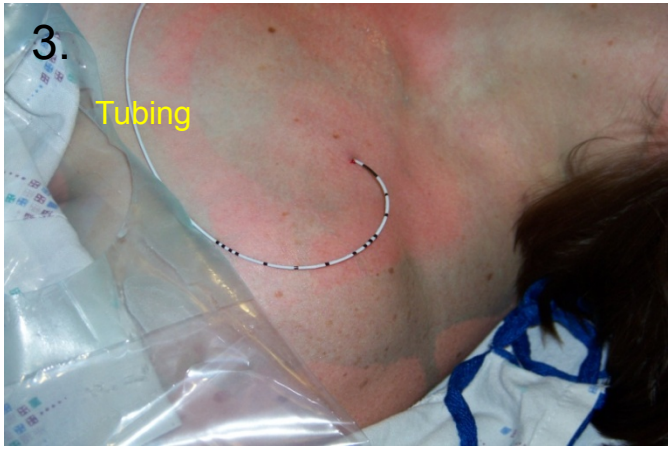
How to Remove the Tubing

Do not remove the catheter until your limb is no longer numb.

1. Wash hands,
2. Gently remove all dressings and adhesive tapes,
3. Grasp the tubing at the skin and gently pull the tubing out of the skin. Approximately 2 or 3 inches of the tubing will come out, and it should come out easily and without pain. Once the tubing is out, cover the small entry point with a Band-Aid.



DO NOT CUT TUBING



Problems?

- Do not know what to do?
- Are you experiencing pain during the removal?
- Is the tubing stuck?

  –**STOP**

  –**DO NOT CUT TUBING**

CALL OHSU (503 494-8311): ask for the Home Pump Physician On-Call.

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Follow Up

- You will receive a phone call at home to check on your home pump the day after you leave the hospital
- Should you have concerns or experience any difficulties with your home pump, please call OHSU at 503 494-8311 and ask for the Home Pump Physician On-Call.

- If you have pain issues, call your surgeon

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Pain Control at Home

- It is normal for the numbness to decrease with time
- It is normal to regain some muscle strength with time
- It is normal to experience more pain with time
- The home pump will help with pain control, but does not always cover all of the pain.

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Do Not Change Your Medication Dose

- Do not change the dial on the pump
- The pump has been set so you will receive a safe amount of medication



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If Your Pain is Poorly Controlled

- Take pain pills as prescribed by your surgeon (it is ok to combine the pump medication with the pain pills)
- If the pain is still not properly controlled or you have a question about your surgical wound, please call your surgeon



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Important Reminders

- Do not cut tubing
- Protect the limb like a baby
- Ask for assistance to walk and move around

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Questions?

- If you have questions please ask the PAT Clinic staff
- If you have not been shown a pump, please ask to see one
- You will receive a pamphlet with key information and contact phone numbers to read at home

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