

Nerve block: Home pump instructions

How to care for yourself when you go home

About your home pump



- Your home pump will continuously drip numbing medicine through a catheter (tube) for the next 2 – 3 days.
- The medicine you get through the tube will be a preset dose. Do **NOT** try to change the amount.
- It is normal for you to feel an increase in pain 6 – 24 hours after you get the nerve block because it uses weaker medicine than what we gave you for your procedure. Take pain pills when the pain begins to increase.
- You can turn the pain medicine on and off by opening and closing the clamp attached to the tube. To the left is a picture of what the clamp looks like.
- Your home pump doctor will call you the day after you leave the hospital to check on how you are doing with the pump. If you have any questions or concerns, please call us day or night at **503-494-8311** and ask for the **home pump doctor on-call**.

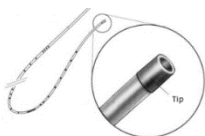


How to take care of your home pump



- **Do NOT get the pump wet.** Cover it with a plastic bag if necessary. If you take a sponge bath, make sure to keep the tube and bandages dry.
- **Check the area where the tube enters the skin 2 times a day**, without taking off the bandages. Check for redness, swelling, severe tenderness or puss. These can be signs of infection.
- Do your best to **keep the tube site dry**. It is **normal for the tube site to leak**. The fluid may be clear or slightly red. Use a towel or gauze to soak up any extra fluid.

What to do if the tube falls out of your body



1. Check to see if the end of the tube has a dark tip like the image to the left.
2. **If you do NOT see this dark tip**, save the tubing that has come out and **call 503-494-8311** and ask for the **home pump doctor on-call**. **Do NOT cut the tubing**.

3. If you do see the dark tip, you may remove the rest of your bandages and throw everything in the trash.
4. Start taking pain pills to control your pain once the tube is out.

When to take the tube out



- You can take the tube out of your body either **after 3 days or when your home pump doctor instructs you to do so**, whichever comes first.
- **You must remove the tube once it has been 3 days** since you left the hospital.

How to remove the tube from your body



Removing a catheter is easy and painless. There are no stitches. It is easiest if another person removes it for you.

1. **Wash your hands** with soap and water
2. Gently **remove all bandages, tape and glue** around the tube.
3. **Grab the tube near your skin with two fingers** and gently pull.

The tube should glide out easily. **If you feel pain or it is hard for it to come out, STOP IMMEDIATELY.** Leave the tube alone and call **503-494-8311** and ask for the **home pump doctor on-call**.



4. About 2 – 3 inches of tubing will glide out of the skin before the tip comes out. Check to **see if the end of the tube has a dark tip** like the image to the left.
5. **If you do NOT see this dark tip**, save the tubing that has come out and **call 503-494-8311** and ask for the **home pump doctor on-call**. **Do NOT cut the tubing.**
6. If you do see the dark tip, you may remove the rest of your bandages and throw everything in the trash.

When to STOP THE PUMP and call your doctor



- **STOP THE PUMP** and call us at **503-494-8311** day or night and ask for the **home pump doctor on-call** if you have any of the following:
 - Signs of infection where the tube is (redness, swelling, severe tenderness or puss)
 - New ringing or rumbling sound in your ear
 - The taste of metal or numbness in or around your mouth
 - Feeling dizzy, tense or nervous
 - Hives
 - Irregular heartbeat, shortness of breath or chest pain

Learn more by visiting <http://tiny.cc/OHSUpump>

