Removing your nerve block catheter:
- Since there are no stitches, removal is easy by you or your caretaker.
- Follow the pump tubing to the edge of the dressing then peel off the entire dressing to expose the catheter.
- When exposed, grasp the catheter close to the skin and pull until all of it comes out. You can expect to remove up to 10-15 cm of catheter.
- Inspect the tip of the catheter, and check to make sure that the end is blue, black, or silver; then you can dispose of the catheter in the trash.
- You do not need to cover the site after the catheter is removed.
- If you have any difficulty removing the catheter, please call UCSD Regional Anesthesia.
- Since California does not permit trash disposal of batteries, please use the prepaid envelope (if provided) to mail the pump back to the manufacturer or return to surgery clinic.

To contact a UCSD REGIONAL ANESTHESIA DOCTOR ON CALL at any time day or night:

(619) 543-6222

UCSD Continuous Nerve Block Catheter Instructions

- You have had a nerve block catheter placed for pain control after surgery.
- It is normal for your fingers/toes to feel numb until the morning after surgery.
- A health-care provider will call you every day for follow-up.

When you have pain:
- Push the middle blue button and wait 15 minutes for the effect.
- If you still have pain after 15 minutes, take 1-2 pain pills prescribed by your surgeon.
- The blue button will work only one time every 30 minutes, so you cannot mistakenly give yourself too much medicine.
- You do not have to push the button if your pain is well-controlled.
If you notice any of the symptoms listed below, **STOP** the infusion pump and immediately call UCSD Regional Anesthesia:

- Rash or hives
- Numbness around the mouth
- Metallic taste
- Ringing in the ears
- Lightheadedness
- Nervousness
- Confusion
- Chest pain
- Twitching
- Convulsions / Seizures

Other Instructions:

- **You must not drive** or operate potentially dangerous machinery while your catheter is in place.
- Please keep your sling and/or splint on unless doing physical therapy.
- Very rarely, the catheter may fall out. If this occurs, take 1-2 of your pain pills, turn off the infusion pump using the instructions above, and call UCSD Regional Anesthesia.
- It is **normal** for fluid to leak from the catheter site. You can use a towel to absorb the extra fluid.
- **Do not** get the catheter, pump, or your bandages wet.
- If you have had a nerve block for surgery on your leg or foot, **do not stand or walk using the affected leg** until your strength comes back.
- Ask for help when getting up and moving around to avoid falling.

If your pump malfunctions or stops working:

- Error message (!) shown on display or pumps stops running.
- Call UCSD Regional Anesthesia on call.