

Contact information if you are worried about your condition

Please speak to the doctors and nurses caring for you during your admission or your GP on discharge.

Other useful telephone numbers/ contacts

NHS 111
Stop Smoking Helpline (Sefton) - 0300 100 1000
Stop Smoking Helpline (West Lancashire) - 0800 328 6297

Southport & Formby Hospital
Town Lane, Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547471

Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ
Telephone:
01695 577 111

Fascia Iliaca block

Treating and managing pain following fracture neck of femur

Patient information

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

The aim of this procedure is to lessen the experience of pain following a fractured hip.

There will be time for you to discuss this treatment option with the doctor providing this care.

This patient information leaflet is intended to be used to support discussion and as part of the informed consent procedure.

If there is anything you do not understand or are unsure about, please ask the doctor.

What is a fascia Iliaca block?

It is an injection given close to your hip by a trained doctor or a member of the anaesthetic team. This can be a very useful procedure to help you control your pain whilst you await surgery.

The block aims to reduce pain by numbing the nerves supplying your hip and thigh. These nerves transport pain signals. By blocking these signals, it is possible to reduce the level of pain you experience.

The aim of the injection is to give you up to 12 hours of pain relief.

The injection is performed whilst you are awake in your hospital bed. You will be required to lie on your back so that your groin area on the affected side can be easily accessed by the doctor.

Notes

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The skin on your groin will be carefully cleaned, which can feel a little cold and then local anaesthetic will be injected first to numb the area where your nerve block is to be given.

When the area is numb, a second deeper injection of local anaesthetic will be administered which will numb the nerves to your affected hip and groin.

The first small injection to the skin may sting a little for a few seconds, but this helps to make the area numb ready for the second injection. The procedure may feel a little uncomfortable but should not be painful.

This procedure will take around 5 minutes to perform.

Approximately 30 minutes post procedure, the injection should start helping your pain.

What are the benefits of the block?

The block provides pain relief to the area around the fracture, which will help to reduce the need for using strong pain-relieving drugs which can cause sickness and drowsiness.

Medications

Please let the doctor know if you are taking any anti platelet or anti coagulation medication.

Risks/side effects

The side effects to this type of block are very rare, however they could include:-

- Not experiencing enough pain relief – the injection may not have worked
- A temporary weakness affecting the leg on the fractured side
- Infection
- Reaction to the local anaesthetic
- Bleeding
- Nerve damage
- Absorption of the local anaesthetic into the blood stream which may cause you to feel unwell, lightheaded, experience a tingling sensation in your lips, feel drowsy or convulse

Alternative treatment options

If you decide not to have the procedure, your alternative option is to continue to manage your pain with pain medication whilst you await surgery.

During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the department specialist nurse if you have any questions or concerns.

Matron

A matron is also available during the hours of 9am to 5pm, Monday to Friday. During these periods, ward/department staff can contact the matron to arrange to meet with you. Out of hours, a senior nurse can be contacted via the ward/department to deal with any concerns you may have.

Infection control request

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high, our staff have regular infection prevention and control training, and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections, by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient there may be times that you are unsure whether a staff member has cleaned their hands. If in doubt please ask the staff member and they will be only too happy to put your mind at ease, by cleaning their hands so that you can see them.