

## 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 547 471

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

# Rectus Sheath Block

## Treating and managing pain following abdominal surgery

### 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 formacie, 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.

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## What is a rectus sheath block?

## Notes

The aim of this procedure is to lessen your experience of pain following abdominal surgery.

The intention of using this technique is to block the thoracoabdominal intercostal nerves, which run between two large muscles situated in your abdomen.

Two small tubes will be surgically placed through the abdominal wall by your surgeon during your abdominal surgery. You will be asleep when this happens.

These small tubes are called rectus sheath catheters. These catheters are attached to a rectus sheath pump, which will deliver a continuous slow infusion of local anaesthetic to your abdomen. This will help to reduce your post-operative abdominal pain.

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 and they will be happy to answer any questions.

### What are the benefits of the block?

To help reduce your experience of abdominal pain and discomfort following your abdominal surgery.

There has also been good evidence that shows these blocks can help to reduce your need for opiate based medications, like morphine, post operatively. Research also shows that patients managed with these blocks are also quicker to mobilise than those patients having alternative post-operative pain management approaches (Rucklidge & Beattie, 2018 British Medical Journal, Vol 18 (6) p166).

### Medications

Please let the doctor know if you are taking any antiplatelet or anticoagulation medication.

### Risks/side effects

Local anaesthetic toxicity is very rare, but it is important that the signs are recognised:

Mild symptoms include restlessness/confusion, light headedness, numbness of the tongue and lips, tinnitus and double/blurred vision.

Moderate symptoms include heaviness of limbs and muscular twitching.

Severe symptoms can include changes in heart rhythm.

## Alternative treatment options

If you decide not to have the procedure, your alternative options will be explained to you by your anaesthetist.

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.