Mersey and West Lancashire Teaching Hospitals NHS Trust

Pain relief using local anaesthetic for rib fractures

Patient information leaflet

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

Якщо вам потрібна ця інформація іншою мовою або в доступному форматі, зверніться до співробітника, який зможе це для вас організувати

إذا كنت بحاجة إلى هذه المعلومات بلغة مختلفة أو بصيغة مُيسَّرة، فيرجى التحدث إلى أحد العاملين والذي سيقوم بترتيب ذلك لك.

如果您需要其他語言或無障礙格式的資訊，請聯繫工作人員，他們將為您安排。

இந்தத் தகவலானது உங்களுக்கு வேறொரு மொழியிலோ அல்லது எளிதில் அணுகக்கூடிய வடிவத்திலோ தேவைப்பட்டால், அதனை உங்களுக்காக ஏற்பாடு செய்துதரக்கூடிய பணியாளர் ஒருவரிடம் தயவுசெய்து பேசவும்.

Dacă aveți nevoie de aceste informații într-o altă limbă sau într-un format accesibil, vă rugăm să vă adresați unui membru al personalului, care va face demersurile necesare pentru dumneavoastră.

اگر به این اطلاعات به زبانی دیگر یا در قالب دسترس‌پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Se necessitar desta informação numa língua diferente ou num formato acessível, por favor fale com um membro da equipa que poderá organizá-la para si

اگر آپ کو یہ معلومات کسی مختلف زبان یا قابل رسائی فارمیٹ میں چاہیے، تو مہربانی کرکے عملے کے کسی رکن سے بات کریں جو آپ کے لیے اس کا بندوبست کر سکتا ہو۔

Jeżeli niniejsze informacje mają być przekazane w innym języku lub dostępnym formacie, prosimy o kontakt z członkiem personelu, który może to dla Państwa przygotować

ئەگەر پێویستیت بەم زانیارییانە هەیە بە زمانێکی جیاواز یان شێوازێکی تر، تکایە لەگەڵ ئەندامێکی ستافەکە قسە بکە کە دەتوانێت بۆت ڕێکبخات

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Introduction

You have suffered a painful injury which has caused fractured ribs. A fracture is the same as a break.

You may have noticed that pain limits your movement and it is sore to take a breath. It is important to be able to take deep breaths and move about to prevent complications such as a chest infection.

You will be assessed to see if a nerve block catheter (thin tube) or a one off local anaesthetic injection will be of benefit to make you more comfortable.

What is a nerve block?

Nerve blocks are injections that numb certain parts of the body, in this instance your ribs. This makes it more comfortable to take deep breaths, do your breathing exercises and move.

The injection blocks the pain signals and may cause some temporary numbness over the affected area.

A nerve block will be given with regular oral pain relief to help manage the pain from your injuries.

What to expect/usual procedure

You may be taken to a room near the operating theatre or the anaesthetic room to have nerve block.

Monitoring equipment will be connected so that the team can monitor your condition throughout the procedure.

The skin around the injection site on the upper part of your back will be cleaned and a small injection of local anaesthetic will be used to numb your skin – it does sting a little as it goes into the tissues.

After the skin is numb, a different needle is used to perform the nerve block. A small catheter (thin tube) may also be

placed at the time of the injection for further local anaesthetic to be given as required over the next few days.

The anaesthetist will use an ultrasound machine to identify the site of injection and catheter placement. To enhance the safety and effectiveness of the block procedure.

You may feel some discomfort at the site during the injection or catheter insertion. Your chest may then start to feel warm and tingly before feeling less painful. The injection typically takes between 20 and 40 minutes to reach full effect.

If a catheter is placed, it will be secured with an adhesive dressing and will generally stay in place for 3 – 5 days but can be longer in some cases. The tubing of the catheter is very thin and unlikely to cause any irritation.

Removal of the catheter is done by the nursing staff on the ward. On the ward you will continue to receive regular pain relief tablets.

Risks

Nerve blocks are generally safe, however, as with most procedures in hospital, there are some risks to be aware of:

- Partial or no effect from the block – other pain relief options are available if this occurs.
- Bruising or bleeding at injection site.
- Infection at injection site.
- Damage to nearby blood vessels, nerves or lung lining (rare).
- Local anaesthetic allergy or toxicity (very rare).

Your anaesthetic doctor will discuss the risks with you.

Benefits

- Better pain relief which may also reduce any anxiety you feel.
- Less need for pain relief medicines containing opioids which can make you feel sick and may cause constipation.

- More rarely there is a risk of opioid addiction if you take them for a long time.
- Being able to get up and move around earlier and leaving hospital sooner.
- Reduced complications from lack of activity e.g. chest infection, blood clots, constipation.

Consent

Prior to having a nerve block, doctors will look at information from your medical and medication history. If you take any drugs to thin your blood, it is important that you disclose this information. Your anaesthetist will come to discuss the block; help you decide if this is a treatment you wish to have and take written consent.

Multimodal pain relief

Regular pain relief will also be prescribed for you. NB - please take the regular prescribed paracetamol.

If you feel your pain is increasing, it is too uncomfortable to take a deep breath, or pain is stopping movement - **please inform your nurse and ask for a dose of your additional pain relief medication.**

Further information: The Royal College of Anaesthetists

Patient-information-resources/leaflets

There may be students and observers present during your consultation as part of their ongoing training. Please let the staff know if you do not wish any students to be present during your attendance

Please ask a member of staff if you would like a chaperone present during your procedure.

Whiston Hospital
Warrington Road
Prescot
Merseyside
L35 5DR

St Helens Hospital
Marshall Cross Road
St Helens
Merseyside
WA9 3DA

Newton Hospital
Bradlegh Road
Newton-le-Willows
WA12 8RB

Southport Hospital
Town Lane Kew
Southport
Merseyside
PR8 6PN

Ormskirk Hospital
Dicconson Way
Wigan Road
Ormskirk
L39 2AZ

MWL has a zero-tolerance approach to any form of abuse, violence or aggression shown to staff and patients, by patients, visitors or members of the public. We will not tolerate any form of bullying, victimisation, harassment, discrimination, unacceptable and inappropriate behaviour and/or unacceptable and inappropriate language.

All instances of abuse, violence or aggression, no matter how big or small, will be investigated and action taken if necessary.