

How do I take care of myself at home?

Needle site care

Remove the bandage on the needle site the day after your procedure.

You can shower. **Do not** take a bath, go swimming, or use hot tub for next 48 hours.

Activity at home

You can return to your daily activities the next day.

For the next 24 hours, **you are not allowed to drive or do any strenuous activities.**

If the procedure gives you significant relief from your usual pain, talk to your doctor before doing any strenuous physical activities or sports.

When to get help

Contact your doctor or specialist if you have any of the following:

- fever above 38.5°C (101°F), aches, chills
- severe pain not controlled by over-the-counter medicine, your usual pain medicine, or other ways you have managed the pain in the past
- any local pain, swelling, and/or redness around the needle site

Locations

Lions Gate Hospital 604-984-5775
Medical Imaging, Lower Level
231 East 15th Street, North Vancouver

Royal Columbian Hospital 604-520-4640
Medical Imaging, Columbia Tower
330 E. Columbia Street, New Westminster

Surrey Memorial Hospital 604-588-3308
Medical Imaging, 1st Floor, Lower Level
13750 96th Avenue, Surrey

Vancouver General Hospital 604-875-4111
Interventional Radiology, Jim Pattison Pavilion Ext 68612
Station 4, Ground Floor, 855 West 12th Avenue, Vancouver

HealthLinkBC

8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

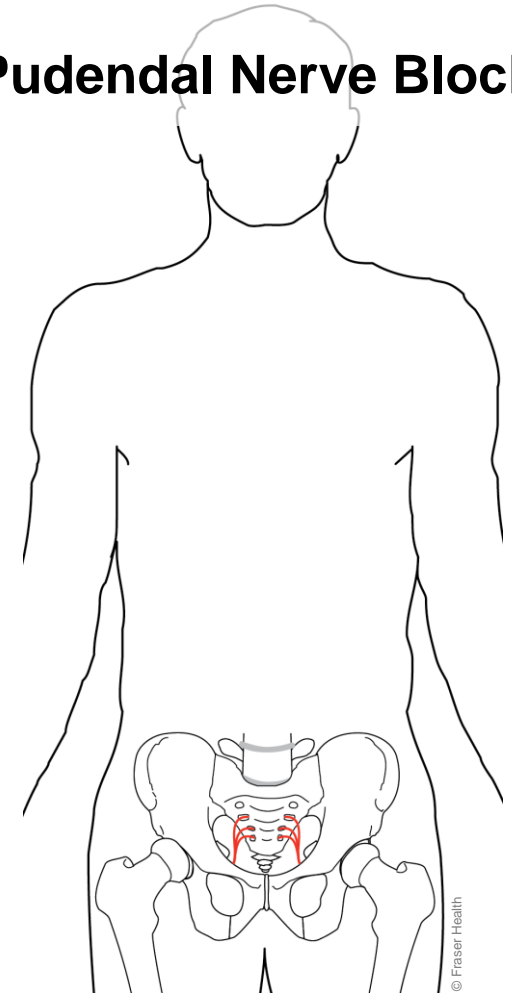
www.fraserhealth.ca ♦ www.vch.ca

This information does not replace the advice given to you by your healthcare provider.

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Pudendal Nerve Block



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What is a Pudendal Nerve Block?

This procedure involves injecting a small amount of local anesthetic (similar to dental freezing), with or without steroid medication, around the pudendal nerve (the main nerve in your pelvis).

The pudendal nerve carries feelings to and from the groin, the vagina (women), the scrotum (men) and lower buttocks or backside.

The block is most often done for people who have pain when sitting.

Who does the procedure?

An interventional radiologist does the procedure (a doctor who specializes in image-guided procedures using CT scanning, fluoroscopy, and ultrasound).

If you have questions about the procedure, you can ask the interventional radiologist before your procedure.

Can I bring a relative/friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons, they cannot be in the room with you during the procedure.

You must arrange for a responsible adult to drive or escort you home after this procedure.

What do I need to do to prepare for this?

Our Medical Imaging Department contacts you with specific instructions on how to prepare for this procedure.

What happens during the procedure?

You lie face down on the x-ray table.

The radiologist:

- Locates the spot where the injection will go.
- Cleans the area with antiseptic.
- Injects numbing medicine to freeze the skin around the area.
- Guides the needle as close as possible to the nerve causing pain using x-ray images. It is important to lie as still as possible. Tell us if you have any pain.
- Injects anesthetic, with or without steroid medication, into the area around the nerve.
- Places a small bandage over the area when the procedure is complete.

Will it hurt?

It might sting or burn as the numbing medicine is injected into your skin.

If you have pain or discomfort that is similar to the pain you normally experience during the procedure, it tells us that this is the nerve that is causing your pain. As the anesthetic injected around the nerve takes effect, you should start to feel some relief from your pain.

How long will it take?

The procedure takes about 30 minutes.

What happens after the procedure?

We move you to a recovery area to rest for 1 hour.

You might feel some heaviness in your legs. We check your muscle function and sensation before you leave.

Are there any risks or complications?

Any time the skin is pierced or cut, there is a chance of infection.

Other possible complications include:

- bleeding and bruising around the needle site
- increase or worsening of pain for 1 to 2 days after injection
- injury to the nerve

How will this change my pain?

You will feel numbness in your groin, vagina or scrotum, and lower buttocks. You might also have some numbness in the upper legs. This usually wears off in first 24 hours after the procedure.

If steroid medication was used, the effect of the injection can last for 1 to 2 weeks.