



Locoregionale anesthesie - Plexusblokkade - Engels



Locoregional anaesthesia - Plexus block (nerve block)

Locoregional anaesthesia

Locoregional anaesthesia temporarily makes a part of the body, e.g. the arm or the entire lower body, numb and motionless. By injecting an anaesthetic around a nerve, nerves or nerve pathways can be temporarily disabled.

This form of anaesthesia means you remain awake during surgery. You can ask the anaesthetist or nurse anaesthetist for a sleeping aid (sedation) during the operation if you prefer to sleep through it.

You will not see anything of the surgery because it is performed behind a screen/cloth.

The locoregional anaesthetic is given by injection. Where you will be injected depends on the area to be operated on. The anaesthetist and the nurse anaesthetist or holding area employee will support you during the injection of the anaesthetic. They will explain what is happening.

The anaesthetic will be given time to take effect before the surgery starts. Depending on the type of anaesthetic, this can take from a few minutes to an hour or an hour and a half.

Different locoregional anaesthesia techniques

Some examples of locoregional anaesthesia techniques are:

- Bier block
- Spinal anaesthesia
- Epidural anaesthesia
- Plexus block

Plexus block (nerve block)

A plexus block is given as extra pain relief on top of anaesthesia or an epidural and is for pain relief after surgery. This anaesthetic can work from 12 to more than 36 hours after the operation. This means you need less pain relief immediately after surgery. This form of anaesthetic is mainly given for minor but painful surgery, where you will return home in the short term, e.g. day surgery or short-stay surgery.

You will be connected to monitoring equipment and your blood pressure will be measured regularly. The plexus block is given by injection. An ultrasound machine is used to find the nerve that leads to the area to be operated on, for example, an injection in the back of the knee for surgery on the foot. This allows the anaesthetist to accurately inject the anaesthetic very close to the nerve. It takes some time for the anaesthetic to work properly. You will often be given another form of anaesthetic just before surgery, such as an epidural, general anaesthetic or a light sleeping aid (sedation).

Side effects and complications of a plexus block

Anaesthesia

There is a chance that the anaesthetic will not work properly. The anaesthetist can then choose to add some extra anaesthetic or prescribe another form of pain relief after the surgery.

The anaesthetised area

There may be bruising at the site of the injection. This is because a blood vessel has been punctured.

Allergic reaction

There is always a chance of an allergic reaction to the medicines we give. Itchy skin or hives are examples of this. This is very rare.

The anaesthetic in the bloodstream

In rare cases, a blood vessel can be punctured, causing a small amount of anaesthetic to enter the bloodstream directly. You will then experience tingling around the mouth, an increasingly worsening metallic taste in the mouth, and numbness of the mouth and tongue. An exacerbation causes tension, agitation, tremors, confusion, cardiac arrhythmias and sometimes unconsciousness. If you feel any of these side effects, please let us know as soon as possible.

You may feel pain at the site of the injection. This usually disappears within a few days.

If you prefer not to be awake during surgery, ask for a sleeping aid. This will be discussed in advance. You will then be given sedation.

Sedation

If you want, you can ask for a sleeping aid during the operation. This sleeping aid is called sedation and will be administered through an IV line. Sedation makes you less aware of the time and place. It makes you sleepy and drowsy and less aware of the surgery. You will have less discomfort, such as stress, anxiety and pain.

Sedation is not the same as general anaesthesia

Sedation will not render you unconscious. You will retain your important reflexes and will be able to breathe and swallow as normal.

Complications and side effects of sedation

Side effects or complications due to sedation are rare. Nausea may occur as a side effect of the medication or procedure. Tell the anaesthetist, nurse anaesthetist or nurse if you feel nauseous.

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