



Continuous Peripheral Nerve Block Post-Op Instructions

Pump Information

1. The ON-Q pain pump will be set on _____mls/hour. **The black arrow on the dial points to the rate of delivery of the medication.**
2. The white clamp on the tubing must be open at all times.
3. If you are experiencing pain you can increase the rate of the delivery of the medication by moving the dial to a higher rate. You must be sure that the dial clicks into place to ensure that the pump is set at the new rate.
4. You can take pain medication and other prescription medications while the pump is in use. If you are not experiencing pain, you do not need to take pain medication.
5. If you would like feel more sensation or wake your extremity up you can decrease the rate of delivery. You may decrease the delivery rate by 2 mls every 2 hours. Do not decrease the rate below 4 mls/hour. Do not decrease the delivery rate during the first 24 hours after surgery.
6. If you received a femoral block for your knee surgery, please use extreme caution when standing up to prevent falling.
7. Signs and symptoms of toxicity are ringing in the ears, metallic taste in the mouth, and numbness in the lips. If you experience any of these, please call one of the contacts above.
8. After the first 12-16 hours your extremity will not be as numb. You may experience some soreness and be able to move the extremity more.
9. The pump will not show any visible decrease in size during the first day. You will not see any medication traveling through the tubing because it is a clear solution.
10. The pump will last approximately 3-4 days depending on the rate of delivery of the medication. If you haven't been taking pain pills you may want to take one before the pump goes empty.
11. If you experience leaking around the catheter insertion site you can reinforce the bandage with additional tape without removing the old bandage.

12. Do not change the dressing, and keep it dry at all times. Do not shower; Sponge bathing is acceptable.
13. If at any time you are not experiencing pain relief, please call one of the contacts above.
14. Do not cut the catheter for any reason.

Removal

1. When the ON-Q pain pump is empty it will become completely flat with what looks like an apple core in the middle. At this point, turn the dial to 0 and wait 2 hours to remove the catheter.
2. To remove the catheter, simply peel off the dressing and tape that secures it to the catheter. Then slowly pull the catheter out of the skin. You may need to break up the adhesive super glue like material at the catheter site with your fingers. If the catheter feels like it is stuck but it does NOT hurt, keep pulling slowly. If there is any pain in extremity stop and call the one of the contacts above.
3. After removal, examine the catheter. The end of the catheter will have a small silver or black tip.
4. The ON-Q pain pump is disposable. Please throw everything away after removal.

Contact Information

1. For questions regarding your pain control or the peripheral nerve block catheter please call the Foot and Ankle Center of Nebraska at 402-391-7575.
2. For questions regarding the ON-Q pain pump please call the nurse hotline at 1-800-444-2728 or call Jackie at 4024161803