



Femoral Nerve Block

General

An option to help manage postoperative pain is the femoral nerve block. A femoral nerve block is performed while you are sedated using a small needle attached to a nerve stimulator. As the nerve is located, you will feel the muscles in your knee and thigh twitch. Here are some key points you need to remember:

- The block may not make all patients completely pain-free, but it will block **most** of the pain from surgery in almost all patients.
- Typically, the block will result in numbness and weakness of your thigh and knee muscles. It is recommended that you use crutches until the block wears off
- Typically, a femoral nerve block will last about 18 hours in most patients. In some patients, the blocked me last only 12 hours and in some instances the block will last up to 30 hours.
- You are encouraged to take your postoperative pain medication early. The mild onset of pain maybe followed by pain of increasing intensity. Take your first analgesic (pain medication) early before the pain becomes unbearable.
- You may notice some bruising in your groin area on the side of your surgery. This is where the femoral nerve was blocked. This should resolve within 72 hours.
- Despite many precautions, there is a very small risk of nerve damage and seizures associated with femoral nerve blocks.