

**HOME CARE INSTRUCTIONS FOR INTERSCALENE BLOCK**

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Date: \_\_\_\_\_

**DIET**

An adequate fluid intake is very important. Drink plenty of fluids. However, some of the sedation you had today may make you nauseated. Progress your diet from liquids to solid food as tolerated. If you become nauseated, clear liquids such as tea and decarbonated beverages are helpful. If you have vomiting that persists, call your doctor.

**ACTIVITY**

1. Rest today. Have someone assist you with walking.
2. Wear a sling or other protective device to support the affected upper extremity.

**SAFETY**

1. You can expect to feel dizzy, weak and drowsy for as long as:
  - 24 hours after receiving general anesthesia
  - 12 hours after receiving sedation
  - while taking prescription pain medicine
2. Because of the effects of anesthesia/sedation, we recommend that you have someone stay with you for 12-24 hours or overnight following your procedure.
3. Please follow these instructions for that time.
  - a. **DO NOT** drive a car or operate machinery. Your reflexes and coordination are not up to normal. Have standby assistance with walking and on stairways. Children should not ride on bicycles or ride on toys.
  - b. No alcoholic beverages.
  - c. Postpone signing any important papers or making any important decisions.

4. Be watchful to protect the affected upper extremity from heat, cold or firm objects that could cause injury.
5. The eyelid on the side of the scalene block may appear droopy, the eye blood shot and the face flushed. This is due to the sympathetic nerve block and will resolve without treatment.

**WHEN TO CALL**

If you experience any of the following symptoms:

1. Fever (101 degrees or above)
2. Persistent cough, shortness of breath or chest pain
- 3.
- 4.

**WHO TO CALL**

Anesthesia office between 8:00 a.m. and 4:30 p.m., Monday through Friday. Telephone at 715-847-2815.

On weekends and hours before 8:00 a.m. or after 4:30 p.m., please call Aspirus Wausau Hospital at 715-847-2121 or 1-800-283-2881 and ask to speak to the anesthesiologist on call.

**Aspirus Day Surgery Plus**

Open: 6:00 a.m. to 7:00 p.m., Monday - Friday  
Phone: 715.847.2907

A nurse will attempt to call you in the next few days to discuss your recovery and any questions or concerns you may have. In case of an emergency, please go to your nearest emergency facility.

**I have discussed the above information with a nurse and my questions have been answered to my satisfaction.**

\_\_\_\_\_  
Patient or Responsible Party Signature

\_\_\_\_\_  
Date/Time

\_\_\_\_\_  
RN Signature

\_\_\_\_\_  
Date/Time

