

## **Pudendal Nerve Block Discharge Instructions**

### **Urology Clinic**

Pudendal Nerve Block is a treatment meant for those who suffer from Pudendal Nerve Entrapment (PNE). Symptoms for PNE include sensations of pain in the lower pelvic area that may include stinging, burning, stabbing, aching, knife-like sensations, irritation, cramping, spasms, tightness, crawling of the skin, twisting, pins and needles, numbness, and/or hypersensitivity

You received an injection of anesthetic and steroid near a certain nerve or group of nerves. This is called a nerve block. It can be given through the vaginal wall and into the pudendal nerve in the pelvis, numbing the area between the vagina and anus (perineum).

### **Home Care**

#### **Post Procedure**

Someone needs to drive you home because you may have numbness and, depending on the injection location, you may have difficulty walking for a few hours.

You may notice some numbness on your skin in the area of the pudendal nerve on the side on which the procedure was performed. This is normal and temporary, generally lasting less than 24 hours. This will not affect the function of your sphincter muscles. You may have some light bleeding in your vagina. This should not be heavy like period bleeding. If it is, please notify us.

### **Activity**

You do not have any activity restrictions. You may have some leg weakness, and this may be on one leg or both. This is from the numbing part of the injection (the anesthetic) and will wear off in a few hours. If you do not experience this, you may shower or bathe as usual, work-out, lift, etc.

### **Pain**

You may start to feel pain again as the medicine begins to wear off. Be sure you take your prescribed pain medicine by mouth as instructed. Remember, the most effective plan for your pelvic pain in general is to have the nerve blocks in combination with pelvic floor physical therapy.

Many people have immediate relief following the procedure, but occasionally some soreness will occur at the procedure site. This should improve over the next 2-3 days.

You may be asked to record your response to the procedure. This will help your doctor determine the effectiveness of the injection and next steps.

## **Special Instructions Signs and Symptoms**

Watch for signs and symptoms of infection, such as:

- Fever over 101.5F

To help prevent injury, avoid the following activities:

- Do not drive or operate any machinery while you still have numbness.
- Do not walk without help if your legs feel weak or numb from the nerve block.
- Do not apply pressure, heat or cold on areas that are numb unless otherwise directed by your doctor.

## **Follow-up Care**

Call your doctor or nurse if you:

- Have any of the signs and symptoms listed above within 24 hours of your procedure
- Still have tingling, numbness or weakness 3 days after the procedure

## **Emergency Center**

In case of any emergency, call 911 or go to the nearest emergency center. For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.