

# Care of Blocked Arm after Surgery

## Patient Information

Musculoskeletal (MSK) / Specialist Services



The Patient Information Leaflets page on the Trust website is available on the link:  
<https://www.wwl.nhs.uk/patient-information-leaflets> or scan the QR code.

Author ID: SR  
Leaflet Ref: Ana 005  
Version: 1  
Leaflet title: Care of Blocked Arm after Surgery  
Date Produced: April 2024  
Expiry Date: April 2026



## Introduction

After your operation your arm can remain numb from 10 - 48 hours, but this will help with pain control after your surgery.

## Aftercare

You will be discharged with regular pain killers to take home. We would strongly suggest that you take them regularly (even if your arm feels numb), as directed by the nurse. This will help to keep your pain under control when the block wears off.

Your arm will be supported in a sling at the end of surgery which will help to prevent injury to your arm without you noticing.

You will not be able to feel your arm until the nerve block wears off.

## Risks

We would advise you not to hold hot drinks / touch anything hot with the arm that has been operated on, until block numbness wears off.

We would advise you to sleep with your head raised up and a pillow under your operated arm. This is to prevent any pressure injury to it whilst the arm still feels numb.

## Contact Details

If you have any concerns, you can contact our ward team  
Telephone: 01257 256276 or 01257 256401

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## Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

## Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

The Patient Relations/PALS Manager  
Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust  
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## Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



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## How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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