

ANKLE NERVE BLOCK



FOOT IS NUMBED



■ OVERVIEW

This outpatient procedure numbs the ankle and foot with an injection of local anesthesia. Typically, it is used for surgery on the foot. The block requires a series of injections that will numb up to five nerves in the ankle.

■ PREPARATION

The patient lies with the foot elevated. The foot and ankle are cleaned and sterilized.

■ NUMBING THE NERVE

A series of three to five injections are administered at various points around the ankle, bathing the nerves with a therapeutic agent. This temporarily blocks sensation in the ankle and foot.

■ AFTER CARE

The numbing sensation will last for several hours after the injection. Painkillers may be needed to alleviate any pain from the procedure after the anesthesia wears off.