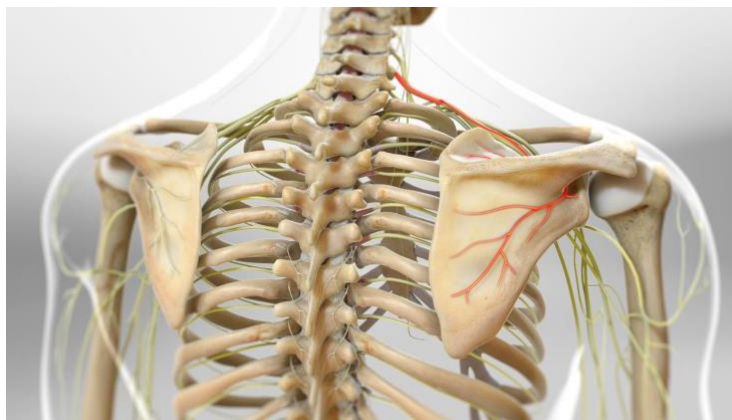


## Patient Information Leaflet: Ultrasound-Guided Nerve Block Injections

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### Introduction

An ultrasound-guided nerve block is a medical procedure used to manage pain by injecting medication near specific nerves. This technique is commonly employed for various conditions, including those affecting the shoulder (suprascapular nerve), lower leg (common peroneal nerve), and forearm (radial nerve). The injected medications typically include a local anaesthetic to numb the area and, in some cases, a corticosteroid to reduce inflammation. These injections can serve both diagnostic purposes—to help identify the source of pain—and therapeutic purposes—to provide symptom relief.



### How Does the Procedure Work?

Using ultrasound imaging, Dr Marwan will locate the targeted nerve. After cleaning the skin and administering local anaesthetic just under the skin, a needle is carefully inserted near the nerve under ultrasound guidance. The medication is then injected to bathe the nerve, which can result in temporary numbness and pain relief in the affected area.

### Benefits of Ultrasound Guidance

- **Enhanced Accuracy:** Ultrasound allows for real-time visualisation of nerves and surrounding structures, increasing the precision of the injection.
- **Improved Safety:** By visualising the needle path and nearby tissues, ultrasound guidance reduces the risk of complications.

### Potential Risks and Complications

Dr Marwan performs hundreds of injections each year with no complications. However, as with any medical treatment, there are some risks that Dr Marwan will discuss with you. These include:

- **Failure:** There is a chance the treatment will not work for you.
- **Infection:** As with any injection, there's a slight risk of infection at the injection site.



- **Bleeding:** Minor bleeding or bruising may occur, especially if you have a bleeding disorder or are on blood-thinning medications.
- **Nerve Injury:** Rarely, the needle may cause temporary or permanent nerve damage.
- **Allergic Reactions:** Though uncommon, some individuals may have allergic reactions to the injected medications.

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### Before the Procedure

- **Medical History:** Inform Dr Marwan about any medical conditions, allergies, or medications you're taking.
- **Medications:** Although Dr Marwan can perform this injection if you are taking medication such as blood thinners (Warfarin, Aspirin), it is important he is aware if you are taking these beforehand.

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### After the Procedure

- **Numbness and Weakness:** It's normal to experience temporary numbness and muscle weakness in the affected area.
- **Pain Relief Duration:** Pain relief can last from several hours to months, depending on the medications used and your response to them.
- **Activity:** Avoid strenuous activities until the numbness wears off and you regain full sensation and muscle control.
- **Driving:** Dr Marwan advises you arrange to be driven home after the procedure. You can drive as normal the next day so long as you feel safe to do so.

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### When to Seek Medical Attention

Contact Dr Marwan if you experience:

- Severe pain or swelling at the injection site
- Signs of infection, such as redness, warmth, or fever
- Prolonged numbness or weakness beyond the expected duration
- Difficulty breathing or swallowing

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### Conclusion

Ultrasound-guided nerve block injections are valuable tools for both diagnosing and treating pain associated with various nerve-related conditions. By providing targeted pain relief, they can improve function and quality of life. Discuss with Dr Marwan to determine if this procedure is appropriate for your specific situation.

*This leaflet is intended for general informational purposes.*

*Please consult Dr Marwan for advice tailored to your individual circumstances.*