



**NHS**

Great Ormond Street  
Hospital for Children  
NHS Foundation Trust

## Having a nerve block (Easy Read)



You have nerves all through your body. They send messages to your brain about pain. Sometimes, nerves send pain messages even though there is nothing wrong.



A nerve block gets in the way of these pain messages. This means you feel less pain.



A nerve block is used with other ways of helping pain. You might have physio or talk to someone about ways of dealing with pain.



Some people have the injection under anaesthetic. This means you will not feel anything or know what is happening.



You can have gas and air instead. It works very quickly to take away your pain. It also makes you feel relaxed.



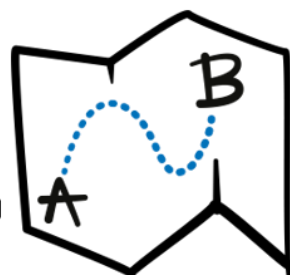
The doctor will give you an injection of medicine into the sore area.



The nurses will check that you are getting better. The doctor will also come to see you.



You will be able to go home when you have had something to eat and drink.

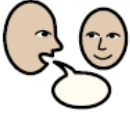




You might feel a bit wobbly or dizzy for a few days afterwards. This will get better slowly.



It can take up to 6 weeks to know the nerve block is working.



Your pain nurse will call you to ask how you are feeling.

