

# Argus Orthopaedic Zone

## Anesthesia Without Going To Sleep

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### *Transforming patient information into patient understanding.*

Last time our discussion centered on regional anesthesia, which included spinal and epidural anesthesia. If you missed class, catch up by going to the website [www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) to read last week's article "Put Me To Sleep Not Always Best".

This week I will cover peripheral nerve anesthesia.

### **Peripheral Nerve Blocks**

The nerves which are away from the spinal cord are called peripheral nerves. These nerves can be blocked at several points along their paths.

Local anesthetics are given as close to the nerve as possible without entering the nerve itself. Some examples of medications used are Xylocaine and Marcaine.

### **Examples**

#### **IV Block**

The anesthetic is injected into a vein typically in the hand which causes the entire arm to be anesthetized. Carpal tunnel surgery is often done with this anesthetic. The anesthetic can be released from the arm when the surgery is over.

#### **Brachial Plexus (Supraclavicular) Block**

Local anesthetic is not injected into a vein but into the tissue surrounding the large nerves to be blocked. This type of anesthetic can last several hours. An ultrasound machine is sometimes used to inject as close to the nerve as possible.

#### **Local**

The anesthetic medication is injected into the tissue in the area to be "frozen" or anesthetized without regard to where the peripheral nerves are.

Much of the surgery I do can be done with a Regional Anesthetic rather than "Going to sleep". It is mostly reserved for adults as children are not likely to hold still.

The safety of these various techniques described the last two weeks makes them very desirable and almost always insures being able to go home after the procedure.

**Argus Orthopaedic Zone Archive and Office Website**

What if there was a whole world of musculoskeletal information at one place? There is!

[www.orthopodsurgeon.com](http://www.orthopodsurgeon.com) opens up for you the office website, Your Orthopaedic Connection and the Archive of all previous Argus articles I have written for you, your family and friends.

Please check it out. Do yourself a favor.

Be well.

Dr. Haverbush