

Understanding Your Diagnosis

Chronic pain can often be traced to a specific peripheral nerve—nerves that are outside the brain and spinal cord. When these nerves become compressed, irritated, or "hypersensitized" due to injury or surgery, they can send constant pain signals to the brain. This results in localized burning, tingling, or sharp pain in areas like the arms, legs, or chest wall.

Example nerve blocks: **Occipital, intercostal, suprascapular, genicular, ilioinguinal, tibial**

The Treatment: Peripheral Nerve Block

A peripheral nerve block is a targeted procedure designed to interrupt pain signals and reduce inflammation. During the procedure, a precise mixture of local anesthetic and a powerful anti-inflammatory (steroid) is delivered directly to the tissue surrounding the affected nerve. This helps "reset" the nerve's signaling and provides a window of relief for physical recovery.

Our Approach: Precise Anatomical Targeting

At Abilene Pain, we prioritize an independent and patient-centric model of care. Dr. Pugh utilizes High-Resolution Ultrasound to visualize the nerve and surrounding anatomy in real-time. This eliminates guesswork, ensuring the medication is placed with sub-millimeter accuracy. Our goal is to provide evidence-based relief while maintaining the highest standard of clinical safety.

Procedure Day Highlights:

- Performed using Real-Time Ultrasound for maximum precision.
- We use local numbing to ensure the procedure is comfortable.
- The procedure typically lasts about 15 minutes.
- You will be able to go home shortly after the injection is complete.

Benefits

- **Targeted Pain Interruption:** Blocks signals at the specific source of your discomfort.
- **Reduces Inflammation:** Delivers anti-inflammatory steroids directly to the irritated nerve.
- **Diagnostic Clarity:** Confirms the exact nerve causing your symptoms to guide future treatment.

Recovery

- **Standard Resumption:** Most patients return to regular activity the following day.
- **Timeline:** While the anesthetic provides immediate temporary relief, the anti-inflammatory effect usually takes 3 to 7 days to fully develop.
- **Follow-Up:** A brief follow-up will be scheduled to assess your progress and determine if further functional therapies are needed.

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Abilene Pain Locations

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Procedure Summary: Peripheral Nerve Blocks

You have undergone a Peripheral Nerve Block, a **targeted diagnostic test** designed to temporarily interrupt pain signaling from a specific nerve or nerve cluster outside your brain and spinal cord. We have delivered a concentrated dose of local anesthetic directly around the target nerve to help pinpoint the exact source of your discomfort which will allow us to determine appropriate long term treatment options. **The relief will only be temporary (1-8 hours)** depending on which anesthetic was used.

Activity Restrictions

- **Driving:** No restrictions
- **Lifting:** As tolerated
- **Exercise:** As Tolerated

Wound Care

- **First 24 Hours:** Leave dressings intact
- **Showering:** Okay to shower
- **Submersion:** Permitted after 24 hours

Pain Management Expectations

- **The Diagnostic Window:** The local anesthetic works quickly. It is critical that you monitor your pain levels over the next 6 to 12 hours while the medication is active.
- **Pain Diary:** Please record the percentage of pain relief you experience during this window. This data is essential for determining your long-term treatment plan.
- **The Flare:** You may feel localized soreness once the anesthetic wears off. Use ice packs (20 min on/off) and resume baseline medications including NSAIDs/Aspirin immediately.

Red Flags

- New or worsening leg weakness, numbness, or "**foot drop**."
- Sudden loss of bowel or bladder control.
- **Fever** >101.5°F, chills, or **drainage at the incision site**.
- **Severe headache** that worsens when sitting or standing.

Follow-Up Schedule

- **1 week:** Formal functional assessment of procedural efficacy.

Blood Glucose

If receiving a steroid injection, expect a temporary rise in blood glucose levels, which usually resolves within a few days. Diabetic patients should monitor their sugar levels closely for 48–72 hours post-procedure.

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