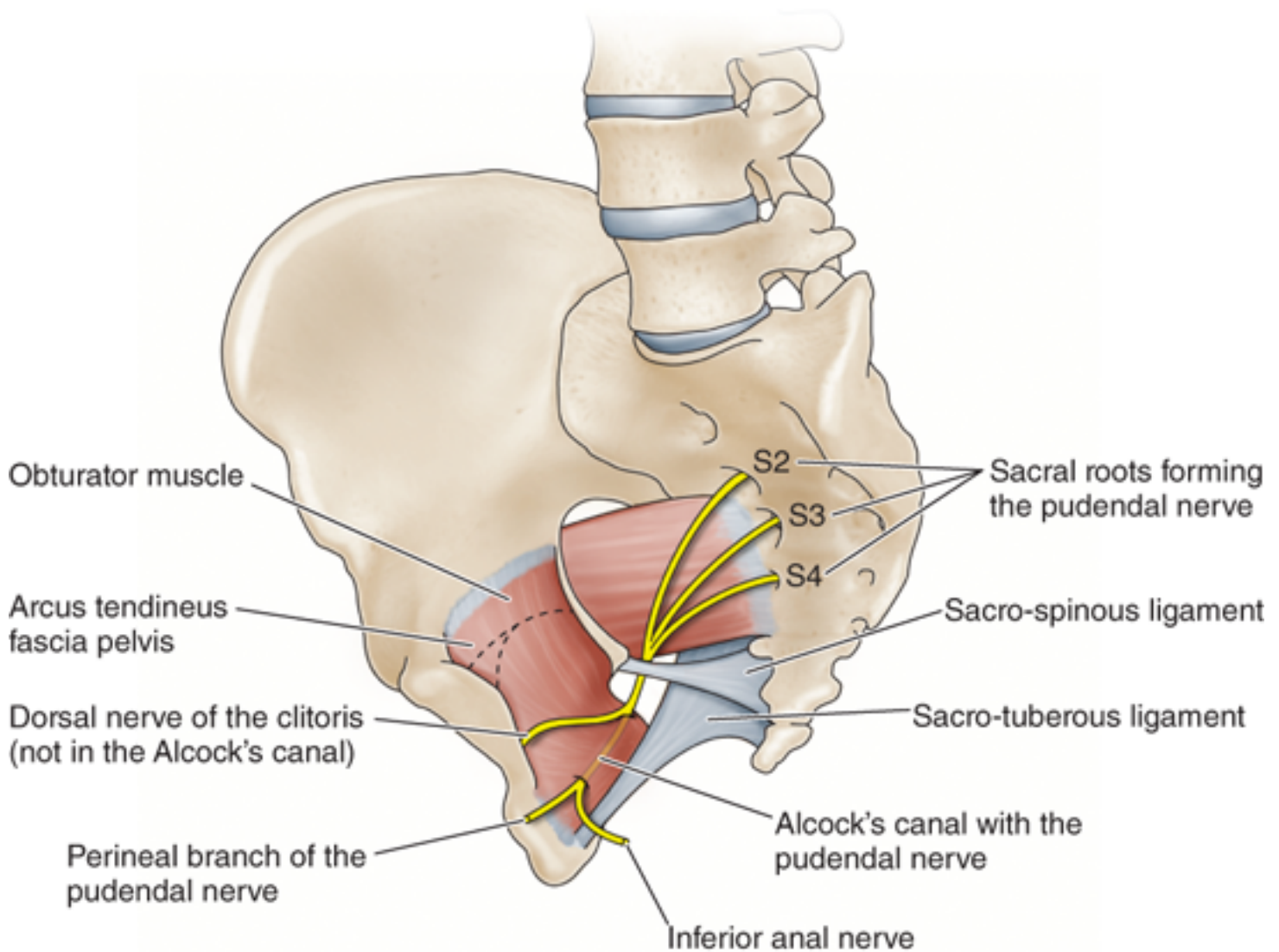


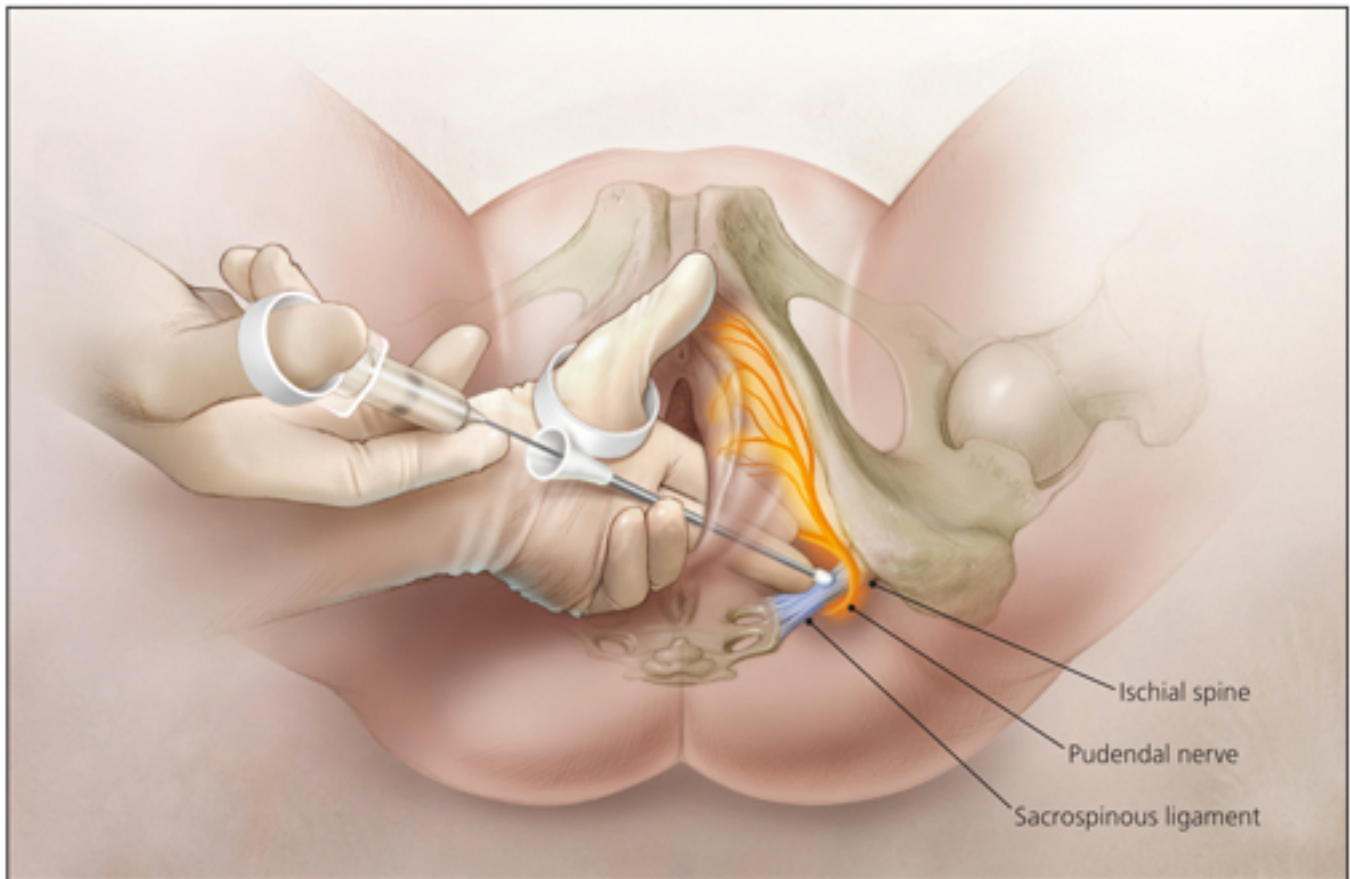
Pudendal Nerve Block

What is a Pudendal Nerve Block?

The pudendal nerve carries feelings to and from the vagina, part of the buttocks and the skin between the genitals and the back passage. A pudendal nerve block is where an injection of local anaesthetic and sometimes steroid medication is injected around this nerve to temporarily reduce pain.



Your procedure can be performed in the outpatient clinic.



What are the benefits?

The injection may provide temporary relief from pain but you should follow a regular gentle course of daily exercises, otherwise the pain may return.

What to expect after your pudendal nerve block

After the block you may experience some or all of the following:

- Numbness in the saddle area, which may or may not move to the buttocks or upper legs.
- A degree of temporary loss of control of the bladder and some flatulence but this should resolve within twelve to twenty-four hours after the injection. Rarely, bladder retention can occur.
- Temporary mild loss of muscle control in the hip or leg, or a numb sensation can occasionally occur, as the anaesthetic can sometimes also numb these areas. This

resolves within 24-48 hours from the injection.

- You may, in rare cases, have a reaction to the block and require medical assessment & management, possibly stay in hospital. However this is unlikely and the majority of people leave the hospital within an hour of the injection.
- In rare cases, there may be bruising at the site of injection (upper buttocks) and some pain which may linger on for a few days.

After the procedure you will not be able to drive or return to work on the day of the injection and you must have someone to accompany you home.

What are the possible side effects/complications of the procedure?

All procedures in medicine carry a risk of complications. Precautions are always taken to minimize the risk as far as possible, but the following risks may occur:

Failure of the procedure to reduce pain

Worsening of pain (temporarily or permanently)

Bleeding/bruising to the injected area

Allergic reactions

Numbness

Infection in the injected area

Temporary weakness of the legs

For further information, please contact our clinic.

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