Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Care of Blocked Arm after Surgery

Version number: **1**
Last modified date: **12th November 2026**

Care of Blocked Arm after Surgery

Patient Information

Musculoskeletal (MSK) / Specialist Services

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Introduction

After your operation your arm can remain numb from 10 - 48 hours, but this will help with pain control after your surgery.

Aftercare

You will be discharged with regular pain killers to take home. We would strongly suggest that you take them regularly (even if your arm feels numb), as directed by the nurse. This will help to keep your pain under control when the block wears off.

Your arm will be supported in a sling at the end of surgery which will help to prevent injury to your arm without you noticing.

You will not be able to feel your arm until the nerve block wears off.

Risks

We would advise you not to hold hot drinks / touch anything hot with the arm that has been operated on, until block numbness wears off.

We would advise you to sleep with your head raised up and a pillow under your operated arm. This is to prevent any pressure injury to it whilst the arm still feels numb.

Contact Details

If you have any concerns, you can contact our ward team

Telephone: 01257 256276 or 01257 256401



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