

## Introducing nerve blocks

# GATHERING YOUR TOOLS

### *Key ingredients for a safe and successful peripheral nerve block*

- Choose correct probe for procedure
  - shallow—linear
  - deep—curvilinear
- Pick correct needle sizes for procedure
  - small caliber—to bring up a small wheal at injection site
  - longer—to reach your target
- Choose correct syringe size
  - 10 mL (cc)—isolated nerve blocks
  - 30 mL (cc)—compartment or plane blocks
- Non-sterile gloves
- Ultrasound gel
- Cleansing material (e.g., alcohol, betadine, Chloraprep, etc.)
- Order anesthetic of choice
  - short-acting—lidocaine
  - long-acting—bupivacaine, ropivacaine



*Take the extra two or three minutes to pick the right equipment for your particular procedure. This will lead to more success and less error.*