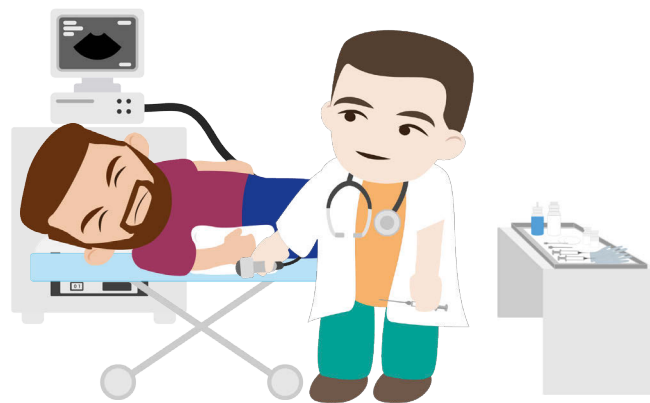


Introducing nerve blocks

PREPARING FOR THE PROCEDURE

There are a few simple things to get in the habit of doing, prior and during every ultrasound-guided nerve block procedure, that will lead to improved success:

- Raise the bed to a level where you will not have to lean over, to acquire the desired image and perform the procedure.
- Place the machine on the opposite side of the target so that your neck and back remain comfortable and relaxed throughout the procedure.
- Find your target and bring up a small wheal of short-acting anesthetic (e.g., lidocaine) at that location. Then, gather your supplies so that when you return the area is appropriately numb.
- Place the patient's extremity or region that you plan to inject in a position of comfort.



You will have fewer misses, quicker procedures, and more comfort for you and your patient.