

Bier's Block
**Patient Information
Leaflet**

WHAT IS A BIER'S BLOCK?

It is a local anaesthetic procedure normally done for patients needing manipulations of wrist fractures.

IS IT SAFE?

This procedure has an extremely good safety record. The risk of serious complications is rare.

WHAT WILL HAPPEN?

You will be awake during the procedure and be able to talk to the doctor and nurse.

A small cannula is inserted into the back of both of your hands. A cuff like one used for measuring blood pressure is placed around the upper arm of the injured limb and is inflated. You will feel the cuff tighten around your arm.

Local anaesthetic is then injected into the cannula of your injured arm, you will feel tingling in the arm, and it may become discolored. After 5 minutes the anaesthetic will have worked, and the clinician will be able to move the fracture into a better position. You may feel some movement during this stage. It is uncommon to feel any pain, but if you do the clinician will be able to provide some additional medicine to help with the pain.

After the plaster has been put on, we will x-ray your arm again, if the position of the bones is acceptable, we will deflate the cuff. Sometimes further manipulation of the arm is required before the cuff is deflated.

WHAT HAPPENS AFTERWARDS?

Over 20 minutes the feeling in the arm will return to normal. The cannula's will be removed after the procedure.

You may need us to provide you with some medication for the pain. However, once the arm is in plaster, simple over the counter pain killers are often adequate.

It is important you keep your injured arm in the sling to reduce swelling, and to follow the advice given to you regarding the plaster.

We will arrange for you to be seen in the fracture clinic, where your injury will be reviewed by an Orthopaedic specialist.

When the swelling has reduced, your arm will likely be put in a full plaster. The plaster will normally be kept on for around 6 weeks.

Sometimes despite the wrist being immobilised in plaster, the position of the fracture can move, and this can mean that you will require a further manipulation. If this is required, your Orthopaedic specialist will discuss the options with you.

If you are at all concerned about your injury, please contact the relevant Emergency Department (ED)/Minor Injury Unit (MIU):

Royal Gwent Hospital: 01633 234056 Nevill Hall Hospital: 01873 732073

Ysbyty Ystrad Fawr (YYF) 01443 802353

Ysbyty Anuerin Bevan (YAB) : 01495 363318

Grange University hospital: 01633 493287