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Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

Information for Patients having a Pudendal Nerve Block

Day Surgery Unit

You have been offered this procedure as part of your management plan which has been jointly discussed and agreed with your Consultant in Pain Medicine. Your pain is likely to respond to injection treatment if it is in a certain location in the body and is severe. Widespread or mild pain is not responding to injection treatment.

In all cases of managing chronic pain we aim at reduction of your symptoms so that you can achieve better mobility, reduce or discontinue medications, regain control of your life and improve its quality. Reduction of the severity of symptoms by 30% is considered to be successful in managing chronic pain. Pain relief procedures very seldom cure chronic pain. They help break the vicious circle of long-lasting pain symptoms but the duration of action cannot be predicted. The duration of treatment in which injection is considered appropriate will be no longer than 24 months in total.

It is also important to note that no procedure is risk free. Therefore injection treatment will not be repeated many times as the local anaesthetic and the steroid may cause side effects at the site of injection and when absorbed by the blood stream. Some of these effects include lower immunity, making you more vulnerable to infections caused by viruses and bacteria. This is specifically relevant in the current circumstances of COVID-19 pandemic.

Procedure specific risks are described in detail in the information leaflet. Please consider carefully the information provided below for the interventional procedure.

What is a pudendal nerve block?

This is an injection given through the buttock with the aim of numbing the pudendal nerve. The pudendal nerve supplies the vagina/scrotum, perineum and part of the buttocks. A local anaesthetic solution with

steroid is injected to improve pain symptoms from the lower rectum, perineum, and the vulva.

This injection may be given to patients who suffer from painful conditions caused by the pudendal nerve.

What happens on the day?

Details of your appointment will be arranged during your consultation in the outpatients' department. You will be sent a letter with the date and time of your appointment.

You can eat and drink normally on the day of your treatment. Take a shower. Take your medication as usual unless advised otherwise by your consultant. Bring the list of your medications with you.

You should bring a relative or friend with you to drive you back home and to stay with you until the next day.

On arrival to hospital, report to reception. You will be taken to our ward and asked to change into a hospital gown. A nurse will take some details from you to check you are fit for the procedure. You will be asked to sign a consent form. The doctor will be able to answer any questions you may have at this time. You should empty your bladder before the procedure. You will be taken on a trolley to theatre. You will be asked to lie on your front.

The doctor will clean the skin with cold antiseptic solution and put sterile drapes on your back. You will be given a local anaesthetic to numb the skin around the area. The injection treatment takes about 20 minutes to complete. It will be done under control of an X-Ray machine. It may be uncomfortable but should not be too painful. A sterile dressing will be applied to your skin. You will be asked to stay in the hospital for a while for observation. You should not self drive or go on public transport.

What to expect afterwards?

After your procedure, take it easy for the rest of the day. You may feel tired. You should avoid heavy work or strenuous exercise for the first few days. Do not operate machinery until the next day. Avoid alcohol for 24 hours.

The sterile dressings will need to be kept clean and dry and removed after 24 hours. If you see redness or swelling on the site of injections you should let us know or call your GP in the first instance.

You may feel sore for a couple of days. Continue taking your pain killing tablets until you feel the benefit from the injection and as advised by your consultant.

You can normally get back to work the next day.

Will this help my pain?

- We hope it will help your pain, **but there is no guarantee.**
- It may take a few days to start to give you pain relief.
- It may even make the pain worse at first.
- The pain relief may last anywhere between a few days to months.

What are the side effects / complications?

Common

- It may not work.
- Soreness / bruising at the injection site.
- Temporary increase (up to 7 days) in pain following the procedure.
- Temporary numbness in buttocks, anus, genitalia, perineum.

Rare

- Haematoma
- Infection at the injection site
- Allergic reaction
- New pain
- Worsening pain

Very rare

- Convulsions (fits)
- Temporary or permanent disabling nerve damage
- Cardiac arrest (stopping of the heart)

You must tell us if:

- You may be pregnant
- You are taking warfarin/clopidogrel
- You have a latex allergy

- Your medical condition has changed since you last saw the consultant
- You suffer from epilepsy
- You suffer from diabetes
- If you have a cold or temperature
- You have been admitted to hospital
- You are a wheelchair user and you might need help getting out of the wheelchair
- You are hard of hearing/deaf
- You are partially sighted/blind
- You need an interpreter
- You are very nervous about needles, hospitals or medical practitioners

You will be followed up by a member of the pain management team.

If you have any further concerns about this procedure please contact:

Royal Gwent Hospital on Tel no: 01633 – 234938

Consultant: Dr S. Wartan / Dr T. Ivanova-Stoilova

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**