



Common post op experiences

Operation site pain and swelling

Sore throat or voice hoarseness

Nausea or vomiting

Headache

Itch

Weakness or numbness if a nerve block was performed

Managing post op pain

Medical treatments:

Oral pain killers provided to you
Injections if oral medications are inadequate.

Non-medical ways to reduce pain:

Plenty of rest

Deep-breathing exercise

Music therapy

Aroma therapy

Adjusting mindset and expectation

Distraction techniques



What to expect after a nerve block

It is normal to feel numbness and weakness over the affected limb 6-24 hours after the procedure. Some people experience it for a longer duration of 2-3 days with eventual recovery.

Do not place any excessively hot or cold objects over the blocked area to avoid tissue injury.

Avoid driving or doing any activities involving the affected limb.

Inform your doctor if you experience rashes, redness and swelling over the blocked area or numbness persisting longer than 3 days.

When the block wears off, you may experience significant pain. Remember to take your oral pain killers regularly as prescribed.

For more information on nerve blocks, scan here:



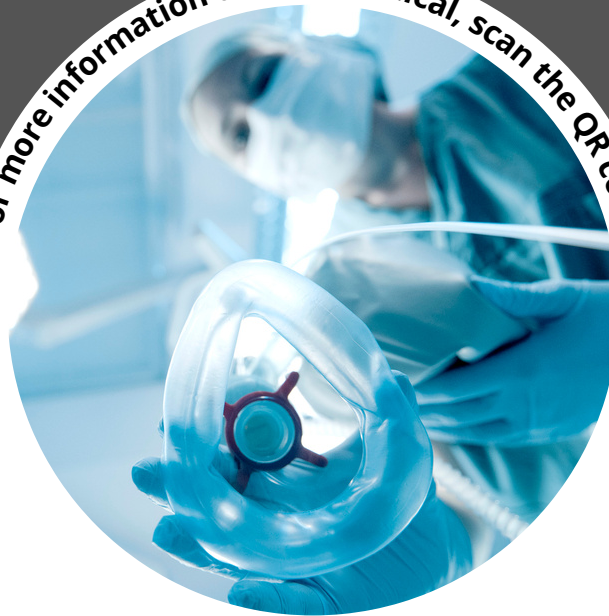


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T. A. Medical was established in 2017 with the vision of providing a comprehensive range of services to support both patients and healthcare providers.

Our mission is to make high quality healthcare affordable, sustainable and equitable.

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