

# Abdominal Cutaneous Nerve Block

A nerve block relieves pain by blocking the pain signal sent to your brain. Some nerve blocks are used to find out sources of pain while others are used to treat painful conditions. An abdominal cutaneous nerve block involves the injection of local anesthetic and corticosteroid. This is ideal for patients suffering from a variety of disorders causing **abdominal wall pain**.

## Conditions treated

You may benefit from a abdominal cutaneous nerve block if you suffer from:

- **Abdominal Cutaneous Nerve Entrapment Syndrome (ACNES)**
- **Abdominal wall pain**

## Duration

Less than 30 minutes

## How is it performed?

Prior to the nerve injection, you will be asked to lay on your back. The injection site will be cleaned and local anesthetic will be used to numb the area. The procedure will be done under ultrasound guidance. Using the ultrasound to help guide the needle, a physician will insert a needle into the abdominal wall and inject the medicine. After the injection, the needle will be removed and a bandaid may be applied.

## What are the risks?

This procedure is a relatively safe, non-surgical treatment, with minimal risks of complications. Some of the most common or possible side effects are:

- infection
- weakness in hand that may or may not be permanent
- increased pain
- bowel perforation

Steroids will cause elevated blood sugar and can increase your blood pressure. You may also develop temporary flushing, muscle cramping, increased appetite and difficulty sleeping. This will typically resolve in 1 week, but can last several weeks.

## What to expect after the procedure

After the injection, you can expect some pain relief. The duration of relief varies by patient. Some patients will experience long-term relief after one injection while other patients may need additional treatment.

You should not drive or engage in physical activity for 24 hours following the procedure.

You may resume taking medications and regular eating habits immediately.

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