

Ilioinguinal 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. The ilioinguinal nerve block will help to relieve pain in the groin area.

Conditions treated

You may benefit from an ilioinguinal nerve block if you suffer from:

- Chronic groin pain
- Ilioinguinal neuralgia
- Pain after inguinal hernia repair

Duration

Less than 30 minutes

How is it performed?

Prior to the steroid injection, the area will be cleaned and local anesthetic will be used to numb the injection site. To ensure proper needle placement, the physician will use ultrasound technology when inserting the needle. While lying on your back, the needle is then inserted into the ilioinguinal nerve, and a mixture of numbing medicine and steroid is injected. Your vital signs will be monitored for the duration of the procedure.

What are some of the risks and side effects?

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

- Bleeding leading to hematoma formation
- Infection
- Weakness in legs, bowel and/or bladder perforation

What to expect after the procedure

You may feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple days after the procedure, you may experience an increase in pain. Once the steroid begins to work, you should experience pain relief.

Ice is typically more helpful than heat during the first few days after the injection.

Call your doctor if you experience a fever over 101 within 72 hours of the procedure.

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