

Lateral Femoral 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. Others are used to treat painful conditions.

A **lateral femoral cutaneous nerve block** is an injection of a local anesthetic and steroid to block the nerves that influence pain in the upper leg.

Conditions treated

You might benefit from a lateral femoral cutaneous nerve block if you suffer from:

- Meralgia paresthesia
- Pain in your thigh

Duration

Less than 30 minutes

How is it performed?

You will be lying on your back for the procedure. The area will be cleansed with chloraprep or betadine. Local anesthetic will be used to numb the area to be injected. To ensure proper needle placement, the physician may utilize ultrasound technology when inserting the needle. Once in the proper location, the physician will inject the solution of steroid and local anesthetic.

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:

- Temporary weakness in the legs has been reported.
- Weakness
- Increased pain
- Infection

What to expect after the procedure

You might feel a weak or numb sensation where the medication was injected. As the numbing medication wears off over the first couple days, 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 two to three days after the injection.

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

Slowly ease back into exercise routines over a period of one to two weeks.

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

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