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HARBORVIEW  
MEDICAL CENTER



用手機掃描此二維碼以了解更多資訊並訪問有用的影片。

## 持續性的神經阻塞

本講義解釋了持續性神經阻塞導管的作用原理以及放置後有何預期。

### 持續性的神經阻塞是什麼？

在做持續神經阻塞程序時，醫生會放置一根細小的塑膠管（導管）以幫助控制疼痛。將導管放置在接近控制疼痛感覺及運動神經的周邊。用一個小型裝置將麻藥泵入導管以控制疼痛。

### 我應該期待怎樣的結果？

- 神經阻塞導管不能消除所有的疼痛。但在使用時，就不需要服用太多的止痛藥。
- 此設置會自動緩慢地泵送藥物，以持續緩解疼痛。
- 放置導管的肢體會麻木，並且可能無力，無法承受平時的重量。
- 經過一段時間，即2至3天后，泵會漸漸變形並變扁。當泵流空後，會看到裡面有一個硬芯。
- 在導管操作期間，醫療團隊成員會定期與患者聯繫，以確保它安全操作。
- 除非醫生囑咐，且勿擅自更改流速。

### 自我護理

- 患者必須保護安置了神經阻塞器的肢體。注意熱的、冷的、堅硬的或尖銳的表面。因為患者的肢體沒有疼痛或觸覺感，因此較易受傷而不自覺。
- 行動時要小心。患者的平衡可能會受到影響。
- 切勿拉扯導管。
- 裝置了神經阻塞器的患者在站立或行走時，必須有他人扶持。等治療停止且肢體恢復了全部感覺及力量後，再嘗試自己站立或行走。
- 如導管在安置在腿上，則行走或站立時必須使用輔助設備，如膝關節固定器、拐杖或走路推車等。
- 體位和活動、必須遵循醫生指示。
- 導管插入部位及繃帶務必保持乾燥。



ON-Q\* Pump  
連續止痛泵



### 當泵流空後

圖片經 Halyard Health 許可使用。

## 它有任何副作用嗎？

所有的醫療程序都具有風險、副作用及可能出現的一些問題。最常見的副作用是安置導管部位的短期疼痛。

有時，非常小量的麻醉藥物會從敷料下方滲漏，但這不必擔心。其他風險包括感染、出血及該部位的身體持續感到無力。做這程序很少會出現嚴重的副作用或問題。

## 何時需要聯絡醫生

如您有任何下列的嚴重症狀，請立即與我們聯絡：

- 嘴唇麻木
- 口中有金屬味
- 耳鳴
- 嚴重頭暈
- 噁心、嘔吐

## 如何將導管取出？

當泵空了時，請按照以下步驟取出導管：

- 坐下。
- 取下導管上面覆蓋的敷料。切勿使用剪刀。
- 捏緊靠近皮膚的導管。輕輕、穩定地拉動，將其從皮膚滑動拉出。導管應該很容易出來。患者應僅有些輕微或沒有不適感。如在開始拔出時突然感到劇烈疼痛，就請停止。請與我們聯絡、我們會告訴您如何處理（請參閱本講義最後一頁「您有疑問嗎」方塊中的電話號碼）。
- 拔除導管後，檢查尖端是否有黑色的指標線。如沒有看到黑線標，請致電醫生。
- 將導管及泵放入垃圾桶。
- 可以在導管的傷口處貼一小片止血貼。
- 請觀看導管拔除視頻，請上網：[www.myon-q/faqs.aspx](http://www.myon-q/faqs.aspx)

## 常見問題解答

### 連續止痛泵（ON-Q\*）系統可以治療所有的疼痛嗎？

- 每位患者所經歷的疼痛程度不同。
- 連續止痛泵（ON-Q\*）系統可以與醫生開的其他藥物或療法搭配使用，以控制手術後的疼痛。使用連續止痛泵（ON-Q\*）系統，與單獨使用麻醉劑相比，可能只需要較少量的麻醉劑並更有效地緩解疼痛。

### 如何知道泵正在運作？

- 泵浦輸送藥物的速度非常緩慢。手術後可能需要24小時後才能注意到泵的大小及外觀發生變化。
- 隨著藥物的輸送，泵會逐漸變小。
- 還應該按照醫生的指示服用任何其他止痛藥。

### 連續止痛泵（ON-Q\*）可以使用多久？

- 根據泵的大小，可能需要2-5天才能用完所有藥物。
- 當連續止痛（ON-Q\*）泵空了時，也是所有藥物都已輸送。泵的背面的外側就成平坦了，在泵的中心可以感覺到一根硬管（見第2頁的圖片）。

#### 您有疑問嗎？

我們很重視您的提問。如您對導管或泵有疑問，請致電您的醫生或醫療保健提供者。

- ☐ 海景醫療中心麻醉服務：平日上午8點至下午5點，致電 206.999.0992
- ☐ 下班後及週末假日、請致電連續止痛泵（ON-Q）24小時的產品服務熱線以便與執照護士諮詢：800.444.2728

### 如何獲得更多有關止痛泵的資訊？

- 出院前會給患者使用指南（可能在手提袋中）。
- 患者指南也可以在[www.myON-Q.com](http://www.myON-Q.com)上取得。
- 有24小時產品服務專線 — 800.444.2728。如有其他醫療問題，請致電醫生。
- 如有緊急事故、請撥打911。

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Scan this QR code with your phone to learn more and access helpful videos.



**The pump when it is empty.**

Image used with permission from Halyard Health.

## Continuous Nerve Block

*This handout explains how a continuous nerve block catheter works and what you can expect when it is placed.*

### What is continuous nerve block?

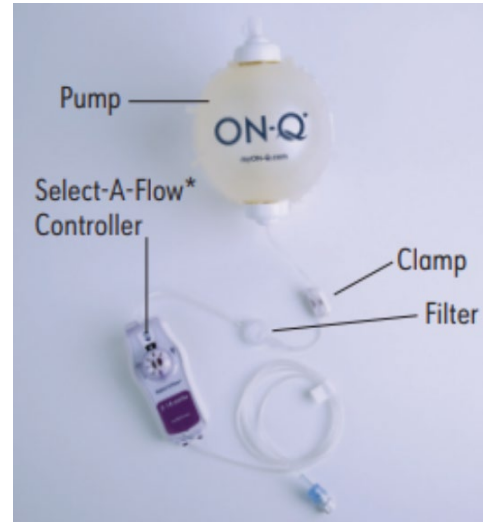
In your *continuous nerve block* procedure, a small plastic tube (*catheter*) will be placed to help with pain management. The catheter is placed close to the nerves that control feeling and movement in the painful limb. A small device pumps numbing medicine through the catheter to control your pain.

### What should I expect?

- The nerve block catheter will not take away all your pain. But you will not need to take as many pain pills while it is working.
- The device automatically pumps the medication slowly for continuous pain relief.
- The limb where the catheter is placed will be numb and may be weak. You may not be able to put all your weight on it.
- Over time, the pump will slowly lose its shape and flatten. This should take 2 to 3 days. When the pump is empty, you will see a hard core inside.
- A care team member will routinely contact you while your catheter is in place to make sure it is working safely.
- Do **not** change the flow rate dial unless your doctor tells you to.

### Self-care

- Always protect your limb that has the nerve block. Be careful with hot, cold, hard, or sharp surfaces. You can easily get hurt since your limb does not feel pain or pressure.
- Be careful when you move. Your balance may be affected.
- Do not pull on the catheter.



**ON-Q\* Pump**

- Always have someone help you when you stand or walk while you have this nerve block. Wait until the therapy is stopped and you have regained full feeling and strength in your limb before you try to stand or walk by yourself.
- If the catheter is in your leg, always use assistive devices such as a knee immobilizer, crutches, or a walker while walking or standing.
- Follow your doctor's instructions about positioning and activity.
- Keep the catheter insertion site and bandage dry.

## Are there any side effects?

All procedures involve risks, side effects, and possible problems. The most common side effect is short-term pain at the catheter site.

Sometimes a very small amount of the numbing medication leaks underneath the dressing, but this is nothing to worry about. Other risks include infection, bleeding, and continuing weakness. It is rare to have serious side effects and problems from this procedure.

## When to Call

Call us right away if you have any of these serious symptoms:

- Numb lips
- Metallic taste in your mouth
- Ringing in your ears
- Severe dizziness
- Nausea and vomiting

## How does the catheter come out?

When the pump is empty, follow these steps to remove the catheter:

- Sit down.
- Take off the dressing over the catheter. Do not use scissors.
- Firmly grasp the catheter near your skin. With gentle, steady pulling, slide it out from your skin. The catheter should come out easily. You should feel very little or no discomfort. If you feel sudden sharp pain when you begin to pull, stop. Call us for instructions (see phone numbers in the "Questions" box on the last page of this handout).
- After you remove the catheter, check the tip for a black mark. Call your provider if you do not see the black mark.
- Place the catheter and pump in the trash.
- You may place a small bandage over the spot where the catheter was.
- To watch a catheter removal video, please visit: [www.myon-q/faqs.aspx](http://www.myon-q/faqs.aspx)

## Frequently Asked Questions

### Will the ON-Q\* system treat all my pain?

- Patients experience different levels of pain.
- The ON-Q\* system works with other medications or therapies your doctor may prescribe to manage your pain after surgery. With the ON-Q\* system, you may need less narcotics and have better pain relief than with narcotics alone.

### How do I know the pump is working?

- The pump delivers your medication very slowly. It may take longer than 24 hours after your procedure to notice a change in the size and look of the pump.
- As the medication is delivered, the pump will gradually become smaller.
- You should also take any other pain medicine as instructed by your doctor.

### How long will my ON-Q\* pump last?

- Depending on the size of your pump, it may take 2-5 days to give all the medication.
- All the medication has been delivered when the ON-Q\* pump is empty. The outside of the back will be flat, and a hard tube can be felt in the center of the pump (see picture on page 1).

### Where can I find more information about my pump?

- You should be provided with a Patient Guideline prior to discharge (it may be in your carry case).
- Patient Guidelines can also be found on [www.myON-Q.com](http://www.myON-Q.com).
- There is a 24-hour Product Support Hotline for questions about your pump — 800.444.2728. Please call your doctor for all medical questions, and dial 911 for an emergency.

#### Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions about your catheter or pump.

- Harborview Regional Anesthesia Service:  
Weekdays from 8 a.m. to 5 p.m., call 206.999.0992.
- After hours and on weekends and holidays please call the ON-Q 24-hour product support hotline to speak to a registered nurse:  
800.444.2728