

Bier's block (Intravenous Regional Anaesthesia)

What is a Bier's block?

It is a local anaesthetic procedure normally done for patients needing manipulations of wrist fractures.

Is it safe?

This procedure has an extremely good safety record. The risk of serious complications is rare.

Where will the procedure be done?

It will normally be done in the resuscitation room where there is an x-ray machine.

What will happen?

You will be awake during the procedure and be able to talk to the doctor and nurse.

A small cannula is inserted into the back of both of both of your hands. A large cuff similar to one used for measuring blood pressure is placed around the upper arm of the injured limb, and is inflated. You will feel the cuff tighten around your arm.

Local anaesthetic is then injected into the cannula of your injured arm, you will feel tingling in the arm, and it may become discoloured. After about 10 minutes the anaesthetic will have worked, and the doctor will be able to move the fracture into a better position. You may feel some movement during this stage. It is uncommon to feel any pain, but if you do the doctor will be able to provide some additional medicine to help with the pain.

After the plaster has been put on, we will x-ray your arm again, if the position of the bones is acceptable, we will deflate the cuff.

What happens afterwards?

Over 20 minutes the feeling in the arm will return to normal. The needle in your uninjured arm will be removed.

You may need us to provide you with some medication for the pain. However once the arm is in plaster, simple over the counter medication like paracetamol and ibuprofen are often adequate.

It is important you keep your injured arm in the sling to reduce swelling, and to follow the advice in the plaster information sheet.

We will arrange for you to be seen in the fracture clinic within one week, where your injury will be reviewed by an orthopaedic (bone) specialist.

When the swelling has reduced, your arm will be put in a full plaster.
The plaster will normally be kept on for around 6 weeks.

Sometimes despite the wrist being immobilised in plaster, the position of the fracture can move, and this can mean that you will require a further manipulation. If this is required, your orthopaedic specialist will discuss the options with you.

Patient Experience

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

Feedback

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

Patient Advice and Liaison Service (PALS)

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

How to contact PALS:

Telephone Patient Services: 0300 123 1732 or via email at: wah-tr.PALS@nhs.net

Opening times:

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.

For additional medical advice, if your symptoms or condition worsens:

Contact your GP

NHS 111:

Get help with your symptoms, NHS111:

Information to help you manage your health:

Telephone 111

<https://111.nhs.uk/>

www.nhs.uk

In an emergency telephone 999

Emergency Department (A&E)
Alexandra Hospital
Woodrow Drive
Redditch B98 7UB
Tel: 01527 512030

Minor Injury Unit
Kidderminster Hospital
Bewdley Road
Kidderminster DY11 6RJ
Tel: 01562 513039

Emergency Department (A&E)
Worcestershire Royal Hospital
Charles Hastings Way
Worcester WR5 1DD
Tel: 01905 760743