

## PATIENT EDUCATION - ADDUCTOR CANAL BLOCK

### What is an adductor canal block?

An adductor canal block is a regional anesthesia nerve block used to alleviate pain associated with knee surgery, and in some cases, with foot and ankle surgery. The adductor canal block does not usually numb the entire area of pain during surgery, so it is normally administered in conjunction with other peripheral nerve blocks or pain management modalities.

### How is an adductor block administered?

After routine monitors have been placed to track your blood pressure, oxygenation, heart rate, and respiratory rate, and after intravenous (IV) sedation has been administered, the adductor canal block is initiated. The injection site is prepared with a sterile solution, and then, using ultrasound guidance, a needle is inserted into the medial aspect of the thigh, almost halfway between the groin and the knee. A long-acting local anesthetic is injected in proximity to the target nerve and the needle is withdrawn.

### How long do the effects of an adductor canal block last?

The duration of pain relief after an adductor canal block can range from 18 to 24 hours and sometimes longer.

As with any anesthetic, there are risks and benefits to adductor canal blocks. These can be discussed with your anesthesiologist before your surgery.

### Some risks and complications may include:

- Local anesthetic systemic toxicity (LAST)
- Infection.
- Allergic reaction.
- Nerve injury.
- Hematoma.
- Quadriceps weakness can occur from the spread of local anesthetic within the femoral triangle.

