

## Patient information

### Haematoma Block

#### Emergency Care – Royal Liverpool Hospital

You have sustained a fracture (broken bone) in your wrist. The 'break' has caused the bone to move out of its normal place and it needs to be pulled into a better position. This is called 'manipulation' and can reduce the need for surgery.

In order to manipulate the 'break' the doctor advises you to have a **Haematoma block** to control the pain.

#### **What is a Haematoma block?**

It is a type of local anaesthetic. Local anaesthetic is drug-induced numbness: it may be provided by an emergency physician, anaesthetist, surgeon or other healthcare professional, depending on the technique used.

A haematoma is another name for a bruise or collection of blood. After a bone breaks it bleeds and a collection of blood forms around the 'break'. It is possible to inject local anaesthetic into this collection in order to numb the area where the bone has broken. Haematoma block is only used for wrist fractures.

#### **What are the benefits of having a Haematoma Block?**

You will not require sedation and so will remain awake and alert throughout the procedure. Once the procedure has been performed and the position checked you will be able to be discharged.

#### **What are the risks of having a Haematoma Block?**

Some people continue to feel some discomfort from the swollen tissues around the 'break' as these tissues are unlikely to become numb. Other complications are rare and include infection at the injection site and in the bone which is broken.

**If you are worried about any of these risks, please speak to your Consultant or a member of their team.**

#### **Are there any alternative treatments/procedures/alternatives available?**

An alternative to this is a different type of local anaesthetic called a '**Bier's block**'. This may have already been discussed with you, if you would like further information please ask the doctor in charge of your care.

## **What will happen if I decide not to have this done?**

If you do not have this procedure the broken bone will not heal properly and this will lead to complications in the future.

Complications include reduced movement of the wrist and hand, chronic pain and arthritis, all of these things mean that you will not be able to use your hand and wrist normally. In some cases surgery is the preferred option and this may still be required if the break does not heal or moves out of position following a manipulation.

## **Who should not have it done?**

If you have damaged more than one bone in your wrist or are in a lot of discomfort, it is not advisable that you continue.

**If you are unhappy about the procedure for any reason, you should not continue until you have spoken to the doctor in charge of your care.**

## **Going Home**

Once the procedure has been completed and the position checked you may be able to go home. You are unlikely to experience any further adverse effects from the local anaesthetic.

You will have a plaster applied to the broken arm so it is advisable that you arrange for someone to take you home and stay with you to ensure you can manage with your arm in plaster.

## **Discharge Information**

Before discharge you will be given an appointment for fracture clinic so that you can be followed up by the Orthopaedic team.

### **Pain relief and medication**

The nursing staff will advise you about painkillers before you leave the hospital. Please tell the nurses what painkilling tablets you have at home. You will be given an information sheet regarding pain relief.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information:**

### **Contact the Emergency Department**

**Tel: 0151 706 2050**

**Text phone number: 18001 0151 706 2050**

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پتوهندیدار بهو نهخوشانهی له لایمن تراستهوه پهسهند کراون، نهگمر داوا بکریت له فؤرماتهکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دهنگ، هیلی موون و نهلیکترونیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.