

Resuming normal activities

Your healthcare professional will give you individual advice for returning to normal activities based on what procedure you had.

You should move carefully until the anaesthetic has worn off as you may not notice if you injure yourself.

For further advice, please contact:

Burney Breast Unit
Lower Ground Floor –Red Zone
St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 646036

If you require attention outside normal working hours, please contact your local out of hours service or A&E depending on the nature of your concern.

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

Whiston Hospital
Warrington Road,
Prescot, Merseyside, L35 5DR
Telephone: 0151 426 1600

Local Anaesthetic for diagnostic or therapeutic procedures on The Burney Breast Unit

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتسبيق يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is local Anaesthetic?

Local anaesthetic involves numbing an area of the body using a type of medication called local anaesthetic. You will remain awake during this procedure.

How does local anaesthetic work?

Local anaesthetic stops the nerves in a part of your body sending signals to your brain.

You will not be able to feel any pain after having a local anaesthetic, although you may still feel some pressure or movement. It normally only takes a few minutes to lose feeling in the area where the local anaesthetic is given.

Full sensation should return when the medication has worn off a few hours later.

How will the local anaesthetic be given?

Your healthcare professional will administer your local anaesthetic by injection. This will involve a small amount of local anaesthetic being injected with a small needle under the skin.

Will it hurt?

This varies from person to person.

You may feel an initial stinging or pressure when the needle is inserted but this should pass within a minute. The local anaesthetic should numb the area and you should not feel any pain during the procedure.

Your healthcare professional will check the area is numb before the procedure starts. They will speak to you and reassure you throughout the procedure. Please inform them if you feel any pain.

Why do I need a local anaesthetic?

Your healthcare professional will have discussed with you what procedure is required today and why. They have deemed that the intended procedure would cause you unnecessary pain if conducted without local anaesthetic.

Do I have to have a local anaesthetic?

The procedure you require would cause you pain without local anaesthetic; however nobody will ever force you to have any treatment you do not want.

Please discuss your concerns with your healthcare professional. They are here to help make your journey comfortable and safe.

Is local anaesthetic safe?

Local anaesthetic is generally very safe and serious problems are very rare. You are having a very small amount of local anaesthetic which further reduces the risks of side effects.

You may have:

- Some discomfort when the injection is given
- A tingling sensation as the medication wears off
- Possibly some minor bruising, bleeding or soreness where the injection was given

Some people experience temporary side effects, such as:

- Dizziness
- Headaches
- Blurred vision
- Twitching muscles
- Continued numbness
- Pins and needles

These problems usually pass but please tell your healthcare professional if you experience any of these symptoms. In very rare cases, you could have an allergic reaction. Please tell your healthcare professional if you have any allergies.