

## Introducing nerve blocks

# GETTING FAMILIAR WITH ANESTHETICS

Determine what anesthetics your hospital carries and pick two: a short-acting and a long-acting agent. Then determine the dosing parameters for the two anesthetics you choose.

### *A few pearls of the most common anesthetics*

#### Short-acting

##### **Lidocaine**

Onset: 5 minutes

Duration: 1–3 hours



#### Long-acting

##### **Bupivacaine**

Onset: 5–10 minutes

Duration: 4–18 hours

##### **Ropivacaine**

Onset: 5–10 minutes

Duration: 4–18 hours

### *Volume of anesthetic to use*

**Singular nerve blocks:** 5–10 mL

**Compartment or plane blocks:** 20–30 mL

Use of epinephrine can hasten the onset of action with your nerve block and also may prolong its duration due to vasoconstrictive effects at the site.

Though local anesthetics have low side effect profiles, ropivacaine likely has the least potential to cause cardiotoxicity. Ultrasound guidance can decrease side effects by providing confirmation on location of injection (that is, nonvascular) and by decreasing the amount of anesthetic that is often needed to achieve a satisfactory result.



Singular



Compartment