

ILIOINGUINAL NERVE BLOCK

What is the ilioinguinal nerve?

And why are ilioinguinal nerve blocks helpful?

The ilioinguinal nerve, in general, provides sensation to the upper portion of the skin of the inner thigh, and in men, the root of the penis and upper scrotum, and in women, portions of the pubic area.

The ilioinguinal nerve block is useful for both evaluating and managing groin pain.

Ilioinguinal nerve block with local anesthetic and steroids is useful in the treatment of persistent pain after inguinal surgery or groin trauma when the pain is thought to be secondary to inflammation or entrapment of the ilioinguinal nerve.

What happens during the procedure?

The patient is placed on the x-ray table on their back and positioned in such a way that the physician can best visualize the landmarks that indicate the area to be injected. The skin in the inguinal area is cleansed using a solution called Betadine. The physician injects an area of skin with numbing medicine. This stings for several seconds. After the numbing medicine has been given time to be effective, the physician directs a very small needle, using x-ray guidance into the area of the inguinal nerve. A small mixture of numbing medicine (anesthetic) and anti-inflammatory (cortisone/steroid) is injected. **What happens after the procedure?** Immediately after the injection, pressure is applied to the injection site to decrease the incidence of post block bruising or swelling. The patient is transferred to the recovery area for approximately 15 minutes. Patients are asked to report the percentage of pain relief and report the relief experienced during the next week by calling the clinic.

General Pre/Post Instructions

Patients may eat a light meal before the procedure. If a patient is an insulin dependent diabetic, they should take their insulin and eat. Patients may take their routine medications. (e.g. high blood pressure and oral diabetic medications). If you are on **Coumadin (Warfarin)**, **Plavix (Clopidogrel)**, **Lovenox**, **Pletal (Cilostazol)**, **Effient (Prasugrel)**, **Teclid (Ticlopidine)**, or **Pradaxa (Dabigatran)**, notify the office so that special instructions may be given. If you are allergic to iodine, contrast, or medical dye, please inform the office. Patients can expect to be at the facility approximately 1 1/2 hours. A driver must accompany the patient and be responsible for getting them home. No driving is allowed the day of the procedure. Patients may return to their normal activities the day after the procedure, including returning to work unless instructed otherwise by the physician.

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