

LATERAL FEMORAL CUTANEOUS NERVE BLOCK

What is the lateral femoral cutaneous nerve?

And why are lateral femoral cutaneous nerve blocks helpful?

The lateral femoral cutaneous nerve, in general, provides sensation to the outer and frontal side of the thigh just above the greater trochanter to the knee. The pain is made worse when sitting or squatting for long periods. This pain may occur secondary to compression of the nerve by wide belts or tool pouches.

The lateral femoral cutaneous nerve block is useful in the evaluation and management of lateral thigh pain. Lateral femoral cutaneous nerve block with local anesthetic and steroids is useful in the treatment of persistent pain thought to be secondary to inflammation or entrapment of the lateral femoral cutaneous 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 is cleansed using a solution called Betadine. The physician injects an area of skin with numbing medicine which can sting 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 lateral femoral cutaneous nerve. A small amount of contrast (dye) is injected to insure proper needle placement. A small mixture of numbing medicine (anesthetic) and anti-inflammatory (cortisone/steroid) is injected.

What happens after the procedure?

The patient is transferred to the recovery area for approximately 15 minutes. It is possible for some temporary numbness to occur which might make ambulation difficult, but this does not happen often. Patients are asked to report the percentage of pain relief.

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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