

DIGITAL ANESTHETIC BLOCK

Four digital nerve branches supply innervations to each digit. There are several reported techniques used to anesthetize these nerves. The authors prefer the dorsal approach, which is less painful for the patient.

You will need:

- ◆ Betadine (or equivalent)
- ◆ 10 cc syringe filled with 1% lidocaine (no epinephrine)
- ◆ 25 gauge needle (~1.5 inches)

1. Prepare the digit and web space with betadine solution.
2. Inject 1 cc wheal of lidocaine in dorsal skin next to extensor tendon and just proximal to web space to anesthetize dorsal digital nerve (Figure B-1A).
3. Insert needle further until it can be seen tenting volar skin. Inject 1 cc lidocaine to block volar digital nerve (Figure B-1B).
4. Withdraw needle to dorsal skin and target it subcutaneously to inject a 1 cc wheal at the dorsal skin on the opposite side of the digit's extensor tendon.
5. Insert needle through wheal on opposite side of extensor tendon as far as the volar digital nerve and inject additional 1 cc lidocaine (Figure B-1C).
6. Wait about 5 minutes for the lidocaine to take effect, then test whether it is working before beginning a procedure.

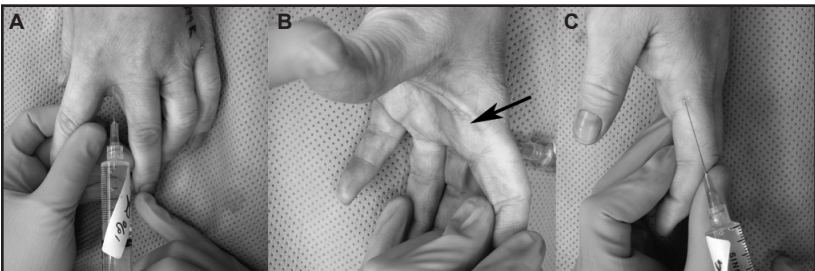


Figure B-1