

### Upper Extremity Block Safety:

- Support your arm by wearing a sling properly; ensuring your wrist is **fully** supported.
- Use a pillow to pad and support the numb extremity.
- Avoid placing cold or hot packs directly on the numb extremity.
- If a dressing, cast, or brace is present, check your fingernails frequently and alert your surgeon of any change in color.



- As instructed by your support team, your infusion is planned to end on \_\_\_\_\_ day before NOON  
**OR** when the pain pump is empty; whichever occurs first.
- I, the patient and/or significant other, have received verbal and written instructions on the Nimbus pain pump. We also received a demonstration on the pain pump and understand these instructions.

Patient/Significant other:

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If shortness of breath, ringing in the ears, or a metallic taste occurs, turn the pump off immediately and contact your anesthesiologist.

### Lower Extremity Block Safety:

- Use crutches or a walker since you **will not** be able to bear weight on the numb extremity. After full sensation returns, follow your surgeon's weight bearing instructions.
- If a knee brace is provided, **do not** attempt to walk without it.
- Check your toenails frequently and **alert** your **surgeon** of any change in color.
- The numb extremity should be carefully padded and routinely repositioned to promote good circulation.



Nimbus pump video:  
<http://bit.ly/nimbuspump>



## Patient's Guide to Ambulatory Pain Relief





Patient support number: (850) 916-8512  
Nimbus 24/7 Support: (844) 479-8500

An anesthesiologist has performed a regional block and placed a catheter that will be connected to a pain pump for your post-operative pain control needs. Your Nimbus™ pain pump contains a numbing medicine that will help you control your pain for the next several days. The numbing medicine is being delivered to the nerves close to your surgical site. Your pain pump DOES NOT contain any “opioid” medication and you should not experience dizziness, sleepiness, nausea or vomiting from the medication infusing from the pain pump.

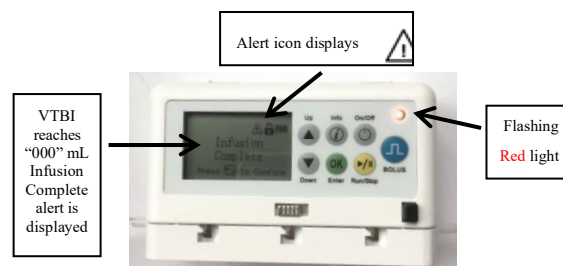
**Operation:** While the pump is turned on and infusing the display will look like this:





- There will always be information on the display screen. It will never go blank.
- A fluid bag “icon”  will display until the infusion is complete.
- When a button on the keypad is pressed, a **green** LED light will display for 10 minutes and then will turn off until the next time a button is pressed.
- During your therapy if your pain becomes uncomfortable you will be able to press the Bolus button  every \_\_\_\_\_ minutes for additional numbing medication.

- Oral pain medication will also be prescribed which you may or may not need.
- The fluid in the IV bag is clear so you **will not** see the medication flow through the tube while the pump is infusing.
- *It is normal that some leaking at the catheter site may occur.* If this happens, **reinforce** the dressing by applying gauze and securing it with tape.
- On the day of your surgery the surgical extremity will be extremely numb. On the days that follow the extremity will be **less** numb. *This is normal.*
- Your infusion will end in approximately 3-4 days **or sooner** based on how often you request additional medication with the blue bolus button.

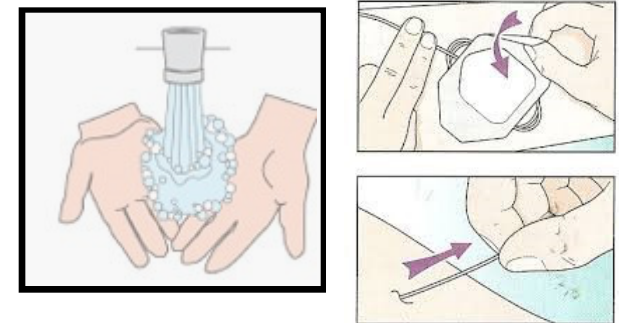
**Infusion Complete:** You will know that your infusion has finished when the display looks like this:



- At the end of your infusion, press the  key to silence the “*Infusion complete*” alert.
- Then, **TURN THE PUMP OFF** by holding the  key for 3 seconds.

**To remove the catheter:**

- Wash your hands and apply gloves.
- Remove the clear tape that covers the catheter.
- Grip the catheter close to the skin and slowly but steadily pull the catheter out. You may notice some tugging at the skin, this is normal. Continue to pull steadily.
- After removing the catheter you can cover the site with a band aid if necessary.



- **DO NOT cut the catheter for any reason.** Please return the Nimbus pump in the box provided with return label.

**CALL YOUR SURGEON FOR ANY ISSUES NOT RELATED TO YOUR PAIN PUMP**