



Caudal Block

What is a caudal block?

A caudal block is a type of nerve block that lessens pain to the area below the belly. It is one method of pain control offered to children. At the beginning of the surgery, after your child has been put to sleep, the clinician will inject anesthetic medicine into the lower back. Your child will not feel or be aware of the injection. The anesthetic medicine decreases the feeling of pain to the nerves in the area of the operation, providing up to 8 hours of pain relief. You will be able to talk to your surgeon and anesthesiologist before surgery to decide if this option is best for your child.

An anesthesiologist is a medical doctor who specializes in giving drugs to control pain before, during, and after surgery. **An anesthetic** is a medication to control pain during a medical procedure or surgery.

Should I choose this for my child?

Caudal blocks decrease the amount of anesthetic gases and narcotic pain medication (such as morphine) your child may receive during and after an operation. This can shorten the wake-up time and may reduce the side effects (such as nausea and vomiting or sedation) that your child may experience during recovery.

What will my child feel after a caudal block?

A caudal block can last up to 8 hours. During this time your child may:

- Feel heavy, tingly or weak in the legs.
- Not be able to sense hot or cold temperature in the area below the belly.
- Begin to feel more discomfort as the anesthetic medication wears off.

How will I care for my child at home?

1. Do not let your child walk or crawl alone for 8 hours.
2. Keep hot or cold items away from your child's legs or belly for 8 hours. Keep them away from space heaters or hot water until the anesthetic medicine wears off.
3. Start oral pain medications as instructed. Your surgeon will discuss with you when to begin the prescription medicine at home.
4. If you have any questions after the surgery, contact your surgeon according to the discharge instructions.

What are the side effects of caudal blocks?

Below is a table of possible side effects and how often they may occur:

Side Effects	How Common?
Serious reaction to anesthetic medicine	Rare (2 in 1,500)
Headache	Rare (3 in 1,750)
Nerve injury, including paralysis	Extremely rare (4 in 10,000)

The Pediatric Anesthesia Team is committed to improving your child's surgical experience. The anesthesiologist will answer all your questions about caudal blocks before surgery. Our goal is to decrease fear and anxiety, and provide sensitive and understanding pain-control care. We are devoted to educating all staff caring for your child.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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