

Fascia iliaca block

Treating and managing the pain of hip fractures

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This leaflet gives you information about the benefits and risks of fascia iliaca block to help you make an informed decision about undergoing this procedure.

What is a fascia iliaca block?

This is an injection given near your hip that numbs the nerves in the hip and thigh. If you have a broken hip, it should give you pain relief for up to 12 hours. This injection can be given while you are awake.

How is it given?

A doctor or nurse trained in giving the injection will ask you to lie on your back so that the groin area on the side of your broken hip can be accessed.

The skin on your groin will be cleaned (this may feel a bit cold) and you will then have a small injection to numb the skin. A deeper second injection will then numb the nerves.

Is it painful?

The first injection to the skin will sting for a few moments, but this will make the area numb so that the doctor or nurse can put the second needle in with minimal discomfort.

The whole procedure should not be painful, but it can be uncomfortable. If you feel pain, you should let the doctor or nurse know.

How long does it take before the injection starts to work?

It usually takes 30 minutes for the injection to work, but every patient is different.

What are the benefits of a fascia iliaca block?

The block provides pain relief to the area of the fracture, reducing the need for other strong drugs which can have side effects such as sickness, drowsiness and chest problems.



Important note

If you are taking warfarin, or have a known blood clotting disorder, this injection may not be suitable for you.

If you have forgotten to let doctors and nurses know, please tell them as soon as possible.

What if I do not want to have the injection?

If you choose not to have the injection, you will be given alternative pain relief for your broken hip until you have surgery.

Are there any side effects with a fascia iliaca block?

Side effects are very rare but may include:

- not enough pain relief – the injection may not work
- temporary leg weakness
- infection
- reaction to the drugs
- bleeding
- nerve damage
- absorption of the anaesthetic into the blood stream, which in turn may cause you to:
 - feel unwell
 - feel light-headed
 - have a tingling or numbness of the lips
 - feel drowsy
 - have fits.

If you get any of the above symptoms, including pain at the site of injection, please let the doctors or nurses know as soon as possible.

Should you have any questions that this leaflet does not answer, please ask your nurse, doctor or any member of the healthcare team



Adapted from NHS Nottingham University Hospital, Fascia iliaca compartment block: alternative pain relief for patients with a hip fracture brochure, 2012.

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