

200 University Ave. E
St. Paul, MN 55101
651-291-2848
800-719-4040 (toll-free)
651-299-3928 (TDD)
www.gillettechildrens.org

Contact Us

Urgent Questions or Concerns

Telehealth Nursing
651-229-3890

Other Questions About Your Care

St. Paul Clinic patients:
Nurse Call Line
651-578-5000

Patients at Other Locations:
Contact a member of your
Gillette health care team.

Appointments

651-290-8707

Books, DVDs and More

Find materials about
disabilities, medical conditions
and support for caregivers.

Health Resources and Education

St. Paul campus, near
fourth-floor skyway
651-229-3938
hre@gillettechildrens.com

Caudal Block Discharge Information

patient education
DIS063

Your child received an anesthetic neuraxial block during surgery. This means that a medicine was placed near your child's spine to decrease pain after surgery.

Diet

Follow guidelines as outlined in General Anesthesia handout.

Activity

Watch your child closely until full sensation and muscle strength returns below the belly button (when he/ she is able to feel something touching their lower body). Your child may not have full return of normal sensation to the lower body for two to eight hours. Keep sharp, hot and cold objects away until normal sensation returns. Muscle weakness may occur as well and will gradually resolve over the same time period. Help your child walk or carry them until they are steady on their feet.

Pain Management

Acetaminophen/Tylenol may be given for pain as directed by your doctor.

Urination

Your child may not feel the urge to pee and may "wet their pants" as the block wears off. This is normal. Call the doctor if your child is unable to pee within 12 hours after surgery.

Questions or Problems

Contact Telehealth Nursing at 651-229-3890 if you see any of the following:

- Fever over 101.5 F
- Throat irritation
- Severe pain