

Giving your child caudal pain relief to help them after surgery

Children's Anaesthetics

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Information for Patients and Carers

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What is caudal pain relief?

- Caudal pain relief is an injection in the lower back.
- It has numbing medicine (local anaesthetic) that helps stop pain.
- Your child will have this injection whilst they are asleep (general anaesthetic) for their operation.

Why should my child have it?

- It helps with pain during the operation.
- It also helps with pain after the operation.
- It is used for operations below the belly button.
- Your child may need fewer pain medicines later on.

How do we give the caudal injection?

- Your child will already be asleep from the general anaesthetic.
- They will be turned on their side.
- We clean the lower back with antiseptic solution to keep everything very clean and germ-free (sterile)
- The anaesthetist puts a fine needle into the lower back and injects local anaesthetic.
- Sometimes other pain relieving medicines are added to the local anaesthetic to make the pain relief last longer.

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How does it work?

- The medicine is placed in the lower back area called the caudal space.
- It numbs the nerves that send pain signals from the area of the operation.
- It is usually given before the operation starts.
- It will still be working when your child wakes up.

Is it safe?

- Caudal pain relief has been used all over the world for over 30 years.
- Studies show that it is generally very safe.

What are the problems with the injection?

- **Weak, numb or tingling legs:** This lasts for 3 to 12 hours. They will get stronger by the time your child is ready to go home. Sometimes it takes slightly longer but will be back to normal by the next day.
- **Going for a pee (passing urine):** It may take a few hours before your child can pee. All children should be able to pee before the next morning.
- **Bruise at injection site:** This is usually small and slowly fades away.
- **Nerve damage:** Very rare (1 in 1,000) chance of a nerve damage.

If you have any questions please ask your friendly anaesthetist.

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