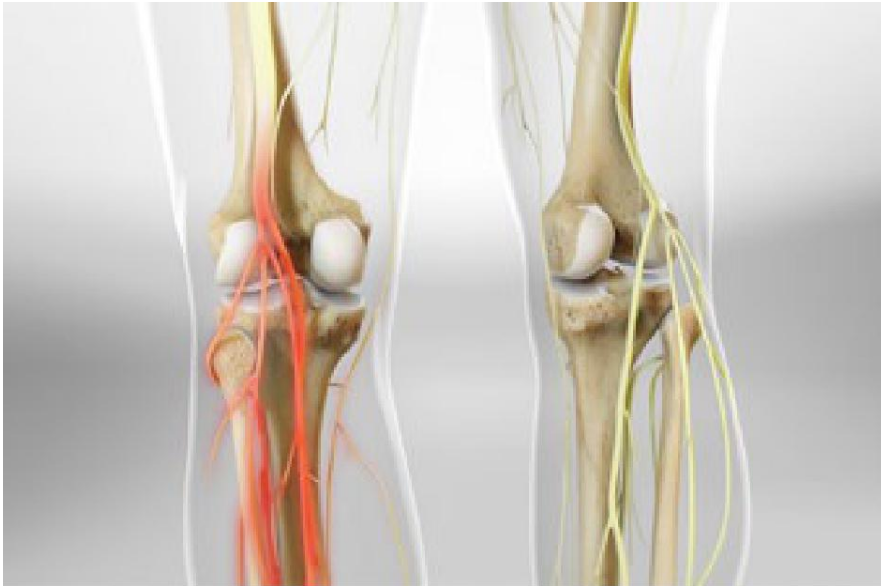




Popliteal Fossa Block



Overview

This is a pain-blocking injection given behind your knee. We use it to block the pain of surgery on your lower leg, ankle and foot.

Preparation

To begin, the skin and tissue behind your knee are numbed. Then, the doctor uses ultrasound or a nerve stimulator to find your sciatic nerve. Branches of this nerve travel through the leg to your foot.

Injection

The doctor guides a needle to your nerve. Medicine is injected to bathe one or more branches. This blocks sensation. The numbness will last for several hours.

End of procedure

Follow your doctor's instructions to manage pain after your surgery.

