

# Caudal blocks

## What is a caudal block?

Caudal analgesia is produced by injection of local anaesthetic into the caudal canal at the base of the spine. This produces block of the sacral and lumbar nerve roots. It is useful as a supplement to general anaesthesia and for provision of postoperative analgesia. This technique is popular in paediatric patients.

## Benefits of a caudal block

A caudal block provides pain relief for children who have operations below the belly button. With a caudal block, less anaesthesia is usually needed during the operation, allowing for a quicker recovery and waking time. The numbness from the caudal block will decrease the pain after the surgery.

## How long does the caudal block last?

The medicine usually helps the pain for six to eight hours after surgery, and sometimes up to 10 hours.

## Will my child be able to walk right away after the operation?

Your child will be able to move his/her legs, but they may be weak or numb. Your child's legs may feel 'asleep' or 'tingle'.

## Will we be able to go home with the block still in effect?

Yes, we commonly discharge patients who still have an effective caudal.

## What to remember:

- Do not let your child walk or crawl alone for the first eight to 10 hours after the operation.
- Your child will not feel heat or cold on his/her stomach or legs until the caudal block has worn off in eight to 10 hours.

## Questions

If you have any questions or concerns, please don't hesitate to contact the Ward using the phone number below.

## Acknowledgement

The information in this sheet has been adapted from from The Royal Children's Hospital – Kid's Health Info and Clinical Practice Guidelines

Cabrini Malvern Paediatric Ward  
183 Wattletree Road, Malvern VIC 3144  
03 9508 1378

Cabrini Brighton  
243 New Street, Brighton VIC 3186  
03 9508 5690

