**Local Anesthetic Blocks Series**

**LOCAL ANESTHESIA FOR THE DISTAL EXTREMITY**

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### TABLE 3. Minimizing Risks Associated with IVRA & Ring Blocks

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<tr>
<th>POTENTIAL Adverse Effect</th>
<th>IVRA</th>
<th>RING BLOCKS</th>
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| Tissue or nerve damage           | • Limit tourniquet duration to < 90 min  
   • Monitor tourniquet pressure   | • Ensure careful technique  
   • Use new, small-gauge needles  
   • Do not inject if resistance is met |
| Local anesthetic overdose        | • Use lidocaine  
   • Do not use bupivacaine  
   • Calculate max dose for each patient | • Calculate max dose for each patient  
   • Use dose calculation cheat sheet  
   • Always aspirate syringe before injection  
   • Label syringes |
| Inadequate analgesia during procedure | • Administer IV analgesic (eg, fentanyl, hydromorphone) | • Administer IV analgesic (eg, fentanyl, hydromorphone) |
| Venous engorgement               | • Ensure absence of peripheral arterial pulse following tourniquet application | n/a                                             |
| Tourniquet-related pain          | • If patient shows signs of tourniquet pain—increased heart rate, respiratory rate, and blood pressure unresponsive to analgesic administration—place second tourniquet distal to initial tourniquet; then release proximal tourniquet after second is inflated. | n/a                                             |