

# TRANSGLUTEAL PUDENDAL NERVE BLOCK

## *Patient Information Leaflet*

### **What is the Pudendal Nerve?**

The pudendal nerve is a major nerve in the pelvic that carries sensation and motor signals to and from the vulva, clitoris, perineum (between the vagina and anus), lower vagina and anal region. It also contributes to pelvic floor muscle control.

If the nerve becomes irritated or inflamed it can lead to vulval burning, pelvic pain, hypersensitivity, discomfort when sitting, or persistent genital arousal symptoms.

### **What is a Transgluteal Pudendal Nerve Block?**

This procedure involves placing medication (Naropin – the active ingredient is Ropivacaine) around the pudendal nerve through the buttock. Ropivacaine blocks nerve signals that carry pain to the brain. When injected near nerves, it temporarily stops sensation in that area.

The injection contains:

- Local anaesthetic – temporarily numbs the nerve
- Corticosteroid – reduces inflammation

### **What Happens During the Procedure?**

- You will lie on your back in our specially designed gynaecological examination chair
- The buttock area is cleaned with antiseptic
- A fine needle is guided to the pudendal nerve
- Medication is injected around the nerve
- The process is repeated on the other side

The procedure usually takes about 5 minutes and you will be required to wait in the waiting room for approx.. 15 minutes after the injections to have your blood pressure checked before leaving.

### **Course of Treatment**

On average, the treatment is usually given as a course of five injections, approximately two weeks apart.

At each session both pudendal nerves are treated (one injection per side). Occasionally a periclitoral block is also required. Repeated treatments help calm nerve irritation and may provide longer-lasting relief.

### **What to Expect Afterwards**

You may experience temporary numbness in the vulva or perineal region for several hours. The steroid component may take several days to two weeks to produce full benefit.

Some patients improve after the first injection, while others improve gradually across the treatment course.



## **Sexual Function**

A pudendal nerve block does not reduce the ability to have an orgasm. Temporary numbness may occur for several hours after the injection but normal sensation returns once the anaesthetic wears off.

## **Effectiveness**

In our clinical experience approximately 50-70% of patients experience improvement in their symptoms after a course of injections dependent on the condition being treated.

## **Temporary Bladder or Bowel Effects**

About 1 in 50 patients may experience temporary mild urinary leakage or reduced control of gas due to the local anaesthetic. This typically lasts one to two hours and resolves as the anaesthetic wears off.

## **Risks**

Possible risks include bruising, temporary numbness, nausea, headache, temporary worsening of pain, infection or bleeding (uncommon), or allergic reaction to medication (rare).

## **Aftercare**

Avoid strenuous activity for 24 hours. Mild soreness at the injection site is common. Most patients can return to normal activities the next day.

## **Cost**

\$250 per side. As both sides are usually treated, the total procedure cost is \$500 plus consultation fee. Occasionally a third injection is required around the clitoral area which will increase the cost by \$250.

## **Contact the Clinic**

Seek medical advice if you develop fever, increasing pain, signs of infection, persistent numbness or other concerning symptoms.

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