

# Quick Tips – Surgery

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## Local Anesthesia Technique – Incisional Line Block

Multi-modal analgesia, utilizing drugs that affect different pain-control pathways (often an NSAID, an opiate, and a local anesthetic agent) helps to maximize pain control while minimizing the dose requirement for each drug. An incisional line block is an easy and effective technique that can be used routinely in patients undergoing abdominal surgery or many other procedures. **Draw equal volumes of lidocaine 2% and bupivacaine 0.5% to administer a total of 1 mL per 10 pounds patient weight** (volume can be extended by dilution with sterile 0.9% saline if desired). Using a 1.5” needle (22 to 25 ga), enter the SQ layer at one end of the incision, aspirate for blood to ensure the needle is not in a vessel, and inject into the tissues in a fanlike pattern. Remove the needle, insert a few inches further along the incision, and repeat. Continue until the entire length of the incision has been infiltrated. If using for abdominal incisions, block both the SQ tissue and body wall musculature. The block can be applied either before or after final skin closure. Lidocaine has rapid onset but duration of only 1-2 hours, while bupivacaine has a slower onset but lasts 3-10 hours. Use of both agents allows for both rapid onset and longer duration of effect. You WILL notice more comfortable patients post-operatively using this fast and easy technique!

*I hope you found this information helpful,*



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