1. Identify appropriate nerves to accomplish block
2. Clean and prep area
3. Use 4-6mL of 1% lidocaine without Epi for fingers and 6-8mL for toes with a 25- to 30-gauge needle
4. Advance the needle perpendicular to the bone and withdraw plunger to avoid intravascular placement. If patient experiences paresthesia, withdraw the needle slightly, as you are likely within the nerve itself. Goal is to inject perineurally.
5. Wait 10 minutes before performing procedure and confirm anesthesia