**Proximal Paravertebral Block**

This was done using 30ml Lidocaine (2%)

**Procedure:**

**Step 1:** Locate the transverse process of the first lumbar vertebra (L1) by palpating caudal to the last rib and dorsal to the paralumbar fossa.

**Step 2:** Locate the spinous process of L1, and disinfect the area directly midway between the spinous process and the end of the transverse process.

**Step 3:** An 18 gauge spinal needle is inserted into the musculature dorsal to the transverse process of L1, at 90°, until bone was reached.

**Step 4:** Carefully “walk” the spinal needle off the bone, cranial to L1 (between T13 and L1), and administer lidocaine into that area, to block the 13th thoracic nerve.

**Step 5:** The same procedure from Step 3 is repeated, but this time the needle is “walked” off caudally to L1. Administer lidocaine to that area, to block the 1st lumbar nerve.

**Step 6:** Repeat the procedure from Step 1, instead locating the transverse process of L2, in order to insert the 18 gauge spinal needle midway between the spinous process and end of the transverse process until bone is reached. “Walk” the needle off the bone caudally, and administer lidocaine to block the 2nd lumbar nerve.

Loss of sensation in the skin of the area in which the lidocaine was administered indicates that the block was effective. This should occur within 10 minutes after administration.

**Effect:** Analgesia and anaesthesia of entire area supplied by the nerves that are blocked- skin and paravertebral muscles.

**Uses:** standing flank laparotomy surgical procedures, including volvulus/torsion, and Caesarian sections.

**Complications:** Paralysis of paravertebral muscles, which bends the spine, may result in scoliosis. Hind-limb motor paralysis can also occur.