



Numbness and Tingling: Care Instructions



Your Care Instructions

Many things can cause numbness or tingling. Swelling may put pressure on a nerve. This could cause you to lose feeling or have a pins-and-needles sensation on part of your body. Nerves may be damaged from trauma, toxins, or diseases, such as diabetes or multiple sclerosis (MS). Sometimes, though, the cause is not clear.

If there is no clear reason for your symptoms, and you are not having any other symptoms, your doctor may suggest watching and waiting for a while to see if the numbness or tingling goes away on its own. Your doctor may want you to have blood or nerve tests to find the cause of your symptoms.

Follow-up care is a key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor or nurse advice line (**811** in most provinces and territories) if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

How can you care for yourself at home?

- If your doctor prescribes medicine, take it exactly as directed. Call your doctor or nurse advice line if you think you are having a problem with your medicine.
- If you have any swelling, put ice or a cold pack on the area for 10 to 20 minutes at a time. Put a thin cloth between the ice and your skin.

When should you call for help?



Call 911 anytime you think you may need emergency care. For example, call if:

- You have weakness, numbness, or tingling in both legs.
- You lose bowel or bladder control.
- You have symptoms of a stroke. These may include:
 - Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
 - Sudden vision changes.
 - Sudden trouble speaking.
 - Sudden confusion or trouble understanding simple statements.
 - Sudden problems with walking or balance.
 - A sudden, severe headache that is different from past headaches.

Watch closely for changes in your health, and be sure to contact your doctor or nurse advice line if you have any problems, or if:

- You do not get better as expected.

For 24/7 nurse advice and general health information call Health Link at 811.

Where can you learn more?

Go to <https://myhealth.alberta.ca>

Enter U128 in the search box to learn more about "**Numbness and Tingling: Care Instructions**".

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