Notes		

Contact details

If you require further advice, please contact:

Day Surgery Unit

Telephone: 01483 406783, Mon-Fri, 8am-6pm

Surgical Short Stay Unit Telephone: 01483 406828

Pre-assessment Clinic Telephone: 01483 464152

Out of hours advice Call 111 (formerly NHS Direct) www.nhsdirect.nhs.uk

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757 Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am-3.00pm, Mon to Fri

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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Author: Pippa Harden & Vanessa Everington Review author: Laura Ceurstemont & Lisa Banks

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Royal Surrey County Hospital NHS Foundation Trust

Manipulation under anaesthetic and joint injections

Day Surgery Unit Surgical Short Stay Unit



Patient information leaflet

What is manipulation under anaesthetic?

This procedure involves giving a short general anaesthetic, under which a stiffened joint is firmly but gently loosened and freed. The procedure may also include an injection of local anaesthetic and steroid into the joint, to help reduce inflammation and aid movement.

Why is this required?

This procedure is usually recommended in cases where painkillers or physiotherapy alone have failed to produce a satisfactory range of movement in the joint.

What are the potential risks and complications

Complications are very rare after this procedure, but include:

- Infection. There is a very small chance that injecting the joint may introduce infection. If the joint becomes very tender, red or swollen contact your GP or the Day Surgery Unit for advice.
- The procedure may not work or may work only temporarily. Keep your joint moving as much as is comfortable to get the most out of the treatment. If the procedure has limited or no effect on your symptoms, tell the surgeons at your follow-up appointment.

What are the alternatives?

Painkillers and/or physiotherapy may go some way to reduce a stiff or 'frozen' joint. However, in some cases it is either too painful to stretch the joint without anaesthetic, or impossible to move the joint fully unless the surrounding muscles are completely relaxed. In these cases, manipulation under anaesthetic can help.

After your operation

Will it hurt?

You may experience some discomfort after a manipulation. If the joint has been injected with local anaesthetic, it will feel numb at first, then some pain might develop after a few hours. It is possible that you will not feel the total benefit of the injection for a few days.

You may be provided with painkillers to take home. These will carry a prescription charge unless you are exempt.

Movement and activity

Your joint has been loosened and freed. It is important to keep the joint moving so that it does not stiffen again. Therefore, you are encouraged to use your joint normally. You should also consciously move your joint frequently to keep it supple.

Driving and work

You must not drive for at least 24 hours following your anaesthetic.

You are advised to take the following day off work to allow recovery from the anaesthetic. You may then return to work as soon as you feel able.

Wound care

If you have had an injection, you will have a plaster covering your injection site. Keep the plaster in place for 2-3 days, until the injection site has healed.

Further appointments

If an outpatients' appointment is required you will receive details of this through the post.

Reference source

www.orthoinfo.org

These notes will not cover everything. If you want to know more, please ask.