

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.