



Supplementary Material

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Anaesthetic Protocol for Day Case Arthroplasty

Dr Thomas Selvaraj & Dr I Suri (Consultant Anaesthetist & Clinical Director Anaesthetics)

1. Pre-warming of patients on the ward

Patients are encouraged to wear conductive fabric or forced air warming blankets for at least 30 minutes for pre-warming. Evidence suggests that pre-warming results in reducing the risk of inadvertent hypothermia, which could result in coagulopathy with increased risk of transfusion, cardiac dysfunction and risk of infection.

2a. Induction

- Low dose spinal anaesthetic using 3.5-4 mls of 0.25% plain bupivacaine.
- Opiates are avoided to reduce unwanted cardiovascular effects and the need for urinary catheterisation.
- Intra-Venous (IV) infusion of Propofol for sedation
- General anaesthesia as appropriate in case of failure of spinal anaesthetic or patient's refusal to have a spinal anaesthetic.
- IV Paracetamol 1 gm +/- NSAIDs
- IV Prophylactic anti-emetics: Ondansetron (4-8mg IV) and Dexamethasone 6.6mg
- IV Prophylactic antibiotics: Teicoplanin* and Gentamicin 3mg/kg
* >50kg = 400mg, 50-70kg = 600mg, >80kg = 800mg
- IV. Tranexamic acid: 30mg/kg to a maximum of 2.5 grams given prior to surgery
- I.V. Fluids: Used judiciously during surgery (to avoid post-operative AKI) but avoided post-operatively
- Peripheral nerve blocks: Not performed routinely and high-volume local anaesthetic infiltration to be used
- Local anaesthetic infiltration: Ropivacaine 0.2%, concentration 2mg/ml, maximum dose of 3mg/ml

Max volumes: 50kg = 75ml, 60kg = 90ml, 70kg = 105ml, 80kg = 120ml, 90kg = 135ml, >100kg = 150ml

3. Recovery Room (Once only)

- High energy carbohydrate drink
- Oxycodone MR 10 – 20mg

4. Post-Operative Medication

- Oxycodone 5-10mg 2 hourly (maximum of 40mg in 24 hours)
- Then, once stepped down from Oxycodone, morphine sulphate 10mg/5ml oral solution, 5- 10mg 4 hourly (maximum of 40mg in 24 hours)
- Anti-emetics and laxatives:
Ondansetron IV - 4mg 6 hourly (max dose 16mg in 24 hours)
- Cyclizine IV/PO - 50mg 8 hourly (max dose 150mg in 24 hours) Docusate 200mg BD

5. To take out medication (TTO):

- Oxycodone MR 10mg BD for 3 - 5 doses
- Paracetamol 1gm qds 7 to 10 days
- Codeine phosphate 30-60mg qds 7 to 10 days
- Naproxen 500mg BD (if appropriate) plus Omeperazole 20mg for 7 to 10 days

As required:

- Morphine sulphate 10mg 4 hourly (max of 40mg in 24 hours) 7 days
- Ondansetron/Cyclizine and Docusate/Senna (if needed)