

Anaesthesia for Hip Replacement

Before Surgery

Fasting: No food for **6 hours**. You can drink clear fluids up to **2 hours** before surgery (no milk or thickened fluids)

Medications: Take your regular medications as usual unless diabetic or taking blood thinners



PREOPERATIVE CONSULTATION

You will be asked to attend the pre-operative clinic at Hollywood Hospital where you will be seen by the pre-operative nursing team. In addition, your anaesthetist will contact you in the week prior to your operation. Any concerns that you have about the anaesthetic will be addressed. Selected patients will also be assessed by one of the peri-operative physicians for a comprehensive assessment.

All blood thinners with the exception of aspirin will need to be discontinued prior to surgery

These include **Warfarin, Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxoban), Plavix (cloidogrel)**. These will need to be stopped between 3 and 7 days before surgery depending on the medication. Please discuss with your surgeon or anaesthetist for more details. Fish oil and turmeric should also be ceased.

Anaesthetic risks

Safety is the primary focus of your anaesthetic care. Overall anaesthesia is safe with a low risk of significant complications. Multiple precautions will be taken to reduce your risk of complications but these may not eliminate all risks.

Please refer to the the **anaesthetic risks document** for further information.

DIABETICS

Avoid taking diabetic medications on the day of your operation

If you take any of the following diabetic medications, please **stop 3 days** before surgery

Jardiance, Jardiamet, Xigduo, Forxiga

Insulin

No insulin on the day of surgery. If taking insulin at night (i.e. lantus), take half your usual dose the night before

BLOOD THINNERS

All blood thinners with the exception of aspirin will need to be discontinued prior to surgery.



Anaesthetic Plan

The anaesthetic is a combination of local anaesthetic combined with deep sedation or a general anaesthetic. This approach ensures adequate levels of comfort in the early post-operative period. This is the usual approach but can be modified for each individual after discussion with your anaesthetist.



After surgery

You will wake up pain free initially with completely numb legs. As the spinal anaesthetic starts to wear off you will regain sensation and movement and will notice some mild to moderate discomfort in your hip. This will need to be treated early with additional pain tablets to avoid it becoming more severe. In addition to regular background pain medications, "Top-up" pain medications are available every 2 hours. You will be encouraged to treat your pain early so as to improve your comfort levels. You will be reviewed daily by a specialist pain team "The Acute Pain Service" (APS team) who can make any required changes.

Examples of typical pain relief medications may include the following:

Paracetamol	Regular simple pain relief
Celebrex	As tolerated, up to 2 weeks
Pregabalin	Optional, usually at night
Palexia	For strong pain relief

Your **comfort levels** will be reviewed daily both at rest and after exercise. Your pain medications and doses will be individualised to your needs taking into account side effects and tolerability.