

# Same Day Knee Program (SKiP)

## Managing a Nerve Block Catheter at Home

Both your surgeon and anesthesiologist agree that a **continuous adductor canal nerve block catheter** is a good way to reduce your pain at home after your knee surgery. Please read the following information on what to expect on the day of your surgery and how to care for the nerve block after you leave the hospital.

If you have questions about the nerve block, please speak with your surgeon or anesthesiologist during your pre-screening appointment or on the day of your knee surgery.



**Your nerve block catheter can be removed on:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_.

### What is a continuous adductor canal nerve block catheter?

A **continuous adductor canal nerve block catheter** is a small tube that an anesthesiologist inserts into the thigh before knee surgery. It is connected to a bottle that automatically infuses numbing medicine, which blocks the pain signals from the knee to the brain.

The nerve block catheter will keep you comfortable and reduce the amount of pain you experience for up to 72 hours after your surgery.

### How is the nerve block catheter inserted?

Your anesthesiologist will talk to you about the nerve block catheter before your surgery. They will then give you a mild sedative to help you relax.

Your anesthesiologist will carefully insert the catheter into your thigh, near the nerves that carry pain signals from your knee to your brain. A bandage will hold the catheter in place.

After your knee surgery, your anesthesiologist will check that the catheter is working properly. They will then connect the infuser bottle to the catheter.

### How long will I have the catheter?

The nerve block catheter will stay in your leg for up to **3 days after your surgery**.

Your anesthesiologist will **call you every day** to make sure the bottle is working properly and that you are comfortable.

### How do I care for the nerve block catheter?

The bottle will automatically deliver the medicine on its own. To make sure the bottle is working properly:

- Keep the bottle at about your waist level. This will ensure a constant flow of medicine.
- While sleeping, keep the bottle next to you in bed.
- Do not get the bandage, catheter, or bottle wet (no bathing or showering).
- Keep the bottle out of direct sunlight.
- Do not expose the bottle to extreme heat or cold.
- Make sure the catheter is not kinked.

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**English:** This information is important! If you have trouble reading this, ask someone to help you.

**Italian:** Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chiedi aiuto a qualcuno.

**Spanish:** ¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.



## Can I walk and do physiotherapy with the nerve block catheter?

It is normal for your leg to feel weak. This will resolve shortly after you remove the catheter.

- **Please use caution when walking or getting up from a lying or seated position.**
- You can do every day activities, such as walking, cooking, and physiotherapy. However, **DO NOT drive until your surgeon tells you it is okay.**

## Will I need to take other medicine?

Even if the catheter is working well, it is normal to still have some mild-to-moderate pain. You may also experience nausea and constipation. Your surgeon may prescribe some or all of the medicine listed below.

**Follow these instructions for up to 14 days after you leave the hospital.**

| Prescription Medicine Reminder Chart     |                                                                                                                             |
|------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| <b>FOR PAIN &amp; INFLAMMATION:</b>      |                                                                                                                             |
| Celecoxib 200 mg (Celebrex®)             | Take 1 capsule, 2 times a day with food                                                                                     |
| Pregabalin 50 mg (Lyrica®)               | Take 1 capsule at bedtime                                                                                                   |
| Acetaminophen 500 mg (Tylenol®)          | Take 2 tablets, 4 times a day                                                                                               |
| Dexamethasone 4 mg                       | Take <b>half a tablet</b> (2 mg) with breakfast <b>(for the first 2 days)</b>                                               |
| Hydromorphone 1 mg (Dilaudid®)           | Take 1 to 2 tablets, every 6 hours <b>(if needed)</b>                                                                       |
| <b>FOR NAUSEA:</b>                       |                                                                                                                             |
| Ondansetron 4 mg (Zofran®)               | Take 1 tablet, every 6 hours <b>(if needed)</b>                                                                             |
| <b>FOR CONSTIPATION:</b>                 |                                                                                                                             |
| PEG 3350 (Polyethylene Glycol, LaxADay®) | Stir 17 g with 250 ml (1 cup) of water until dissolved and drink at breakfast <b>(for the first 7 days, then if needed)</b> |

## What are the risks?

Nerve block catheters are a safe, highly effective way of managing pain. As with any medical procedure, there is always a small chance of complications, such as bleeding, infection, damage to surrounding structures (including nerves and blood vessels), or side effects from the numbing medicine.

There is also a small risk that your catheter will become dislodged and not provide optimal pain relief. To reduce this risk, please try to keep your bandage dry and avoid pulling on the catheter.

**If the bottle or catheter becomes disconnected, DO NOT reattach it.**

## When do I remove the catheter?

**On day 3 after surgery**, your anesthesiologist will call you with instructions on how to safely remove the catheter yourself. **You DO NOT need to come to the hospital.**

## What can I expect after I remove the nerve block catheter?

It is normal to still have some pain in your knee. Continue to take the pain medicine your doctor prescribed (see Prescription Reminder Chart). Your knee will feel less numb within 12 to 24 hours of removing the catheter.

**Call the hospital\* or go to your nearest Emergency Department right away if you have:**

- Increased pain or swelling at the catheter site
- Ringing in your ears
- Metallic taste in your mouth
- Numbness in your mouth or tongue.

**TO CONTACT THE HOSPITAL  
(416) 242-1000 ext. 0**

Identify yourself as a nerve block catheter patient. Ask for the "anesthesiologist on-call".