

# Chapter 5: Anesthesia & Pain Management

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## Types of Anesthesia & Pain Management Interventions

# Anesthesia

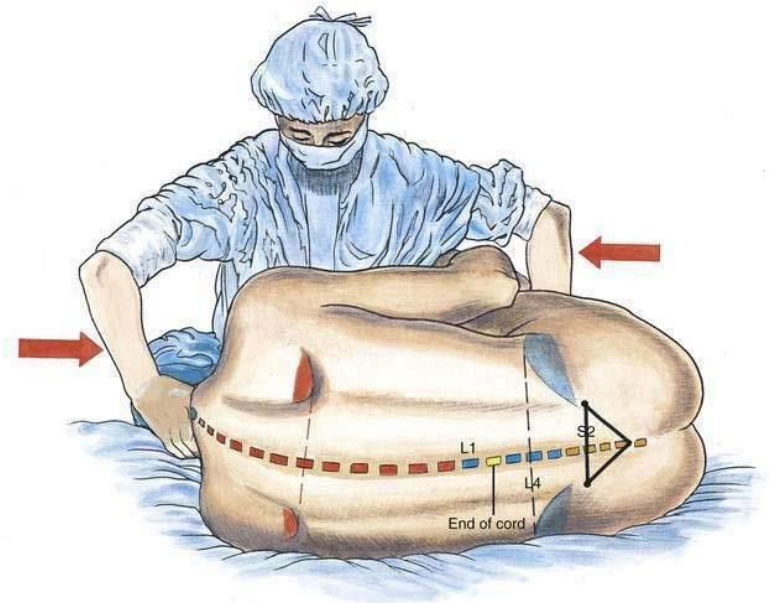
- Types of Anesthesia
  - > Regional anesthesia:
    - Evidence-based; common practice in total joint replacement surgery
    - Can reduce complications and improve recovery experience with less pain, less nausea and less opioid medication required
      - Spinal + Sedation
      - Peripheral pain blocks
        - Adductor canal block: Often used for total knee replacement
          - Allows for pain control without causing weakness of your muscles
  - > General anesthesia: Used if not a candidate for regional anesthesia



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# Positioning for Spinal Anesthesia

- If lying down:
  - > Lie on your side
  - > Flex thighs and knees up towards the chest; hold knees with hands
  - > Flex neck forward towards the chest
- If sitting up:
  - > Bring your chest towards your knees as much as you can; your nurse may give you a pillow to hold
  - > Flex neck forward towards the chest



# Pain Management Interventions

- Multimodal approach to pain control
  - > Medications:
    - Series of scheduled, non-opioid medications given preoperatively and continued postoperatively to help control your pain, improve early mobility, lower risk for post-op nausea and decrease your time spent in the hospital
    - Periarticular infiltration
  - > Regional anesthesia as discussed
  - > Conservative interventions:
    - Early and frequent mobility
    - Range of motion exercises
    - Ice/cold therapy
    - Leg elevation at rest

# Chapter 5 Completed

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We Look Forward to Seeing You Soon!