

Hip and Knee Replacement Preparation- NURSES AND STAFF INSTRUCTION MANUAL

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Consultant Orthopaedics – Hip/Knee/ Shoulder Surgeon

Patient in OPD

- 1) Knee - Weight Bearing Xray Both Knee and Lateral
- 2) Hip – Xray Pelvis both hip AP and Lateral

History –

- 1) Antiplatelet/ Anticoagulant – Ecosprin, Apixaban, Clopidoigrel, Warfarin
- 2) Present Mobility – walking distance. Main complain while walking.
- 3) Any Breathlessness/ Asthma/ Cardiac History

Pre-op Investigation in OPD

- CBC/ESR
- CRP
- Renal Function
- Liver function
- Serum Electrolyte
- PT/INR
- Blood Group
- HIV/HbsAg/ HCV
- Urine – Routine/Microscopy
- Chest X-ray
- ECG
- 2D Echo

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Patient in Wards

- IV Cannula – 18G or 20 G
- IV Antibiotic – Injection Augmentin (After Test Dose)
 - Injection Pan 40 – once a day in morning
 - Injection Paracetamol 1 gm – Three times a day
 - Tablet Alprazolam 0.25 mg – at night before surgery
- HGT Charting – Three times a day (Before breakfast, lunch, dinner)
- Pulse/BP charting 4 hourly.
- BLOOD Reservation – One unit Packed Red Cell (PRBC), Two Unit for Bilateral Surgery.
- MD Physician opinion for fitness for surgery.
- Nebulisation with Asthalin and Budecort in Early Morning on day of surgery

OT Table Preparation

- Lateral Thigh Support – Knee Replacement
- Front and Back Support for lateral position – Hip Replacement
- Bolster for Knee Flexion in Knee replacement



Scrubbing part

- Sterile gloves
- New bottle of Betadine scrub
- New bottle of betadine solution
- Medical use Spirit

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Draping

- 4 Drawer Sheets – sterile
- 4 Towel size Sheets
- Sterile Bandage or Cling Drape (Plastic)
- Towel clips

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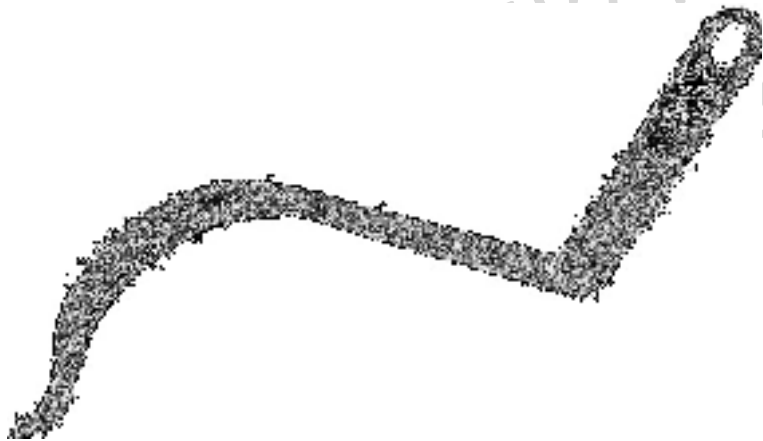
Nurse Trolley

- Painting – Betadine with sterile gauze
- Towel forceps
- Ioban – Large (if available)
- 23 no Blade scalpel/ 15 no Blade scalpel
- Tooth Forceps – 1, Adson Forceps – 1, Mosquito forceps – 3, Pain Artery Forceps – 3, Kocher's Forceps – 2, Dissecting Scissors – 1, Stout Straight scissors – 1, Langenback Retractor Medium -2/large – 2, Homan's Spike Large -2/Medium 2, 90 degree Angled spike – 1.
- Hip replacement – Charnley retractor, Chicken Scissors, Anterior wall retractor, Acetabulum Pins – for superior and posterior retraction.
- 20 ml Syringe, 1 Litre NS in Kidney tray, 1 empty kidney tray
- Pulse Lavage Set, Suction sterile, Cautery sterile



KNEE REPLACEMENT _
ESSENTIALS

Hip Replacement



Hip replacement – femur hook, femur elevator, reduction skid, head pusher



Implant

- Ask implant Company to provide these –
- 1) Knee replacement – Saw machine, Drill Machine, Posterior wall spike retractor, 90 degree Angled spike retractor, cuttings zigs, angel wings, trial components, Final implants.
- 2) Hip replacement – Saw machine, Drill machine, Saw blade, charnley retractor, Acetabulum pins, anterior wall retractor, trial components, Final implants

For wound wash

- Take 50 ml syringe and pour 100 ml Kidney tray
- Pulse Lavage
- 3L saline for wash or take 2 1L saline



FOR LOCAL INFILTRATION –

0.5% bupivacaine 40 ml or 1% Marcain 20 ml + Tramadol 100mg + adrenaline 1:1000 (take 0.3 ml in insulin syringe) + Depomedrol 40 mg + Cefuroxime 750 mg + Normal saline 0.9% (take 20 cc)

Superficial – 0.5% Bupivacaine – 20 cc + 20 cc saline

Table 1: Ranawat Cocktail Constituents

Roc Cocktall	Strength/dose	Amount
1. Deep injection		
Bupivacaine	0.5% (200–400 mg)	24 cc
Morphine sulphate	8 mg	0.8 cc
Epinephrine (1:1000)	300 mcg	0.3 cc
Methylprednisolone acetate	40 mg	1 cc
Cefuroxime	750 mg	10 cc (reconstituted in normal saline)
Sodium chloride	0.9%	22 cc
2. Superficial injection		
Bupivacaine	0.5%	20 cc
Sodium chloride	0.9%	20 cc

For Closure

- VICRYL 1 no – two in number
- Vicryl 2-0 – two in number
- Skin stapler – one
- Dressing –
- Dynaplast or Tegaderm
- Gamjee Roll 6 inch
- Crepe Bandage 6 inch

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