

Advice for patients after manipulation

Day Surgery Unit Patient Information Leaflet

Introduction

This leaflet is for patients who have had manipulation. It gives advice on what you should do when you get home, and contact information for if you have any problems relating to your procedure.

What is manipulation used for?

The aim of manipulation is to increase the range of movements of your joint. It is carried out using general anaesthetic so you will be asleep for the procedure.

Advice

1. You will need to arrange for a responsible, able-bodied adult to collect you from hospital. If they cannot drive you home, you will need to make your own taxi arrangements. It is not a good idea for you to travel on public transport.
2. Try to have a friend or relative stay with you for the first 24 hours.
3. We recommend that you have a restful evening after your procedure and maintain a gentle level of activity. You will probably feel quite drowsy.
4. After a general anaesthetic, you should not:
 - drive for 48 hours
 - operate machinery or drink alcohol for 24 hours
5. As soon as possible, it is important to begin moving the joint through its natural range of movements. You will be shown how to do this.
6. While you were asleep, you will have been given a combined injection of local anaesthetic and an anti-inflammatory medication, into the affected joint. This will help to relieve any pain for several hours.

As the effects of this wear off, you may experience some pain. You can take a painkiller such as paracetamol to relieve this (always read the label; do not exceed the recommended dose).

You may have some stiffness in the joint for a few days. However, it is still important to keep the joint moving through its natural range of movements.

Follow up

If you need an outpatient follow up appointment, or your consultant feels that you will benefit from some physiotherapy, we will send you an appointment through the post.

If you need a sick note, please ask the nurse who books you in for the procedure.

Helpline numbers

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to a member of staff or contact:

Russells Hall Hospital Day Surgery Unit on
01384 456111 ext. 1886 (7.30am to 8pm, Monday to Friday)

or

Pre-operative Assessment Unit on
01384 456111 ext. 1849 (7am to 7.30pm, Monday to Friday)

Out of these hours, urgent queries: contact Surgical Assessment Unit on 01384 456111 ext. 3359.

Russells Hall Hospital switchboard number: 01384 456111

This leaflet can be downloaded or printed from:

<http://dudleygroup.nhs.uk/services-and-wards/general-surgery/>

If you have any feedback on this patient information leaflet, please email patient.information@dgh.nhs.uk

This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ، ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔