



# Your Nerve Block & Home Pump For Knee Surgery

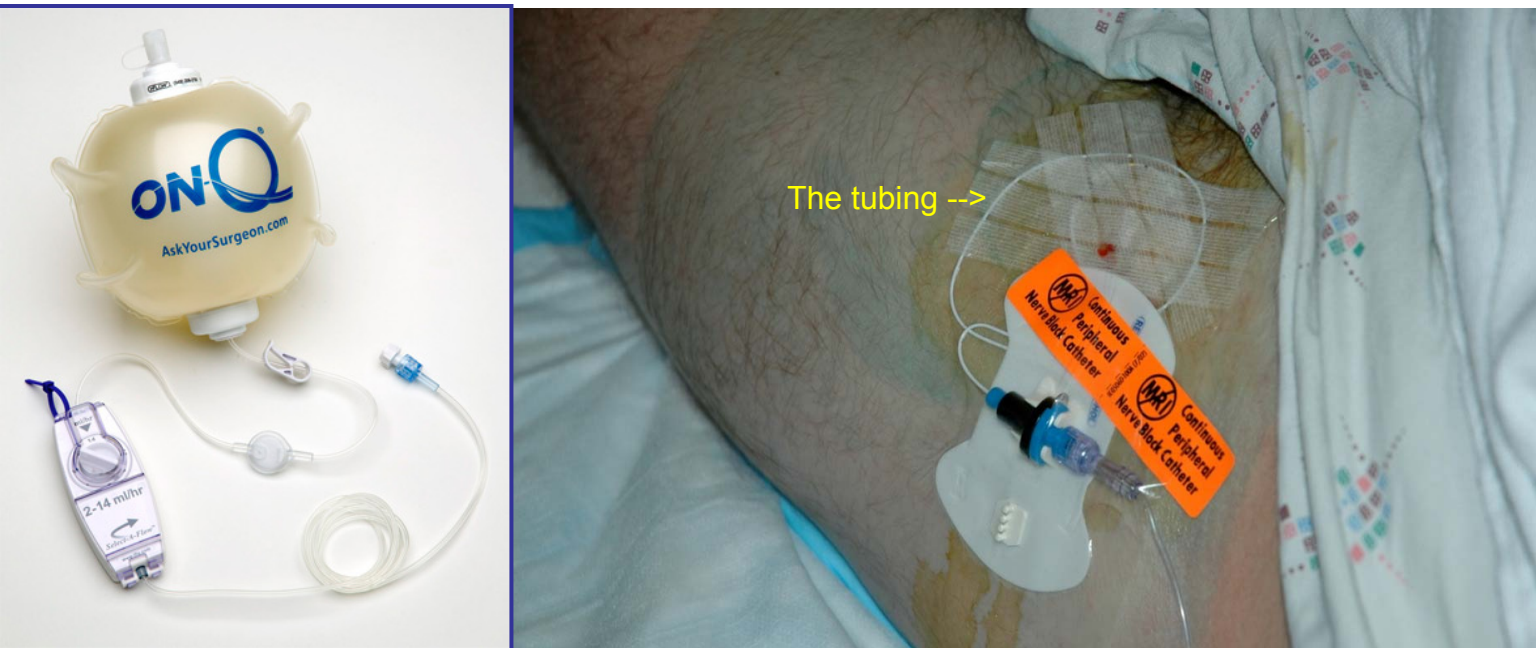
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# Why? To Help Control Postoperative Pain at Home

- A pump connected to plastic tubing will deliver medication to the nerves that go to your surgical wound to numb the pain.

**Note:** Your nerve block home pump infuses medication around the nerve and is not a pain pump directed into your joint.



# Locations of Tubing Placement

- A thin tubing will be placed in your groin (on the same side as your surgery).



# The Tubing (Catheter)

- The tubing will be placed while you are under sedation before your surgery
- This should **not** be a painful procedure
- An Ultrasound machine may be used to guide the procedure
- Placement usually takes about 15 minutes



Ultrasound machine



# The Tubing is Secured

- Tubing is well secured with surgical adhesive tape and a clear dressing
- If the tubing comes out, it cannot be replaced and the pump will no longer infuse medication to the site



# Tubing Attachments

The site is covered with a clear dressing and secured with an anchoring device



The exact layout may vary

# How It Works

The goal is to keep your pain under control with:

- The home pump

**and**

- Oral pain medications as directed by your surgeon

It is **normal** to experience some pain

# What to Expect

- You may experience numbness, tingling and weakness in the area of the block on the same side as the home pump (same as the surgical side)
- Some people find this unpleasant

This is **normal**

- This will go away once the pump is empty



# Precautions

- The numbness may affect your balance
- You must ask your caregiver to assist you when walking or moving around, such as when going to the bathroom

# Prevent Injury

- The limb could be injured by sharp objects or heat and you may not notice it because it is numb
- Keep the limb in a natural position (use the sling provided)
- When lying down keep the limb elevated
- Do not sleep on the limb
- Change the position of the limb regularly
- Avoid applying pressure or heat on the limb

**Protect the limb like a baby**

# The Pump

## Medication:

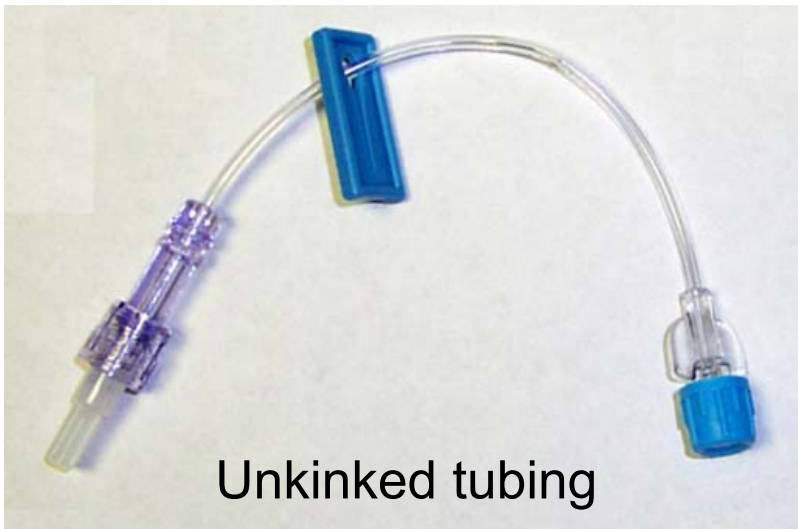
- Ropivacaine 0.2% runs continuously at a preset rate



# If Tubing Kinks

- If the tubing kinks, the flow of medication may be interrupted

Check for kinked tubing and undo the kink



# Keep the Pump Dry



- Do **NOT** get the pump wet
- Do **NOT** get your wound (surgical and block area) wet



# Check the Dressing Daily

- Look for loose dressing
- Look for leakage, redness, pus and/or bleeding
- **Do not replace the dressing**
  - **Add more tape if needed to secure it**
- If the tubing becomes completely uncovered where it enters the skin, the home pump must be stopped and the tubing removed. Then call 503 494-8311 and ask for the Home Pump Physician On-Call.

# Leaks



- The Dressing may leak:
  - Clear liquid (medication)
  - Could be reddish in color
  - **THIS IS OK**
- **Do not remove the dressing.** A towel or pad can be used to carefully dry the outside of the dressing and/or the surrounding area.
- If the leakage is bothersome:
  - Stop the pump for one (1) hour then restart it

# How to Stop the Pump

Close the tubing clamp

Open the tubing clamp to resume  
flow of medication



Tubing Clamp  
Shown Closed

# Signs of Possible Abnormal Drug Reaction

- Ringing/rumbling in your ear(s)
- Metallic/funny taste or numbness in your mouth or lips
- Dizziness, agitation, nervousness
- Irregular breathing or heartbeat
- Shortness of breath or chest pain

*If you notice any of these symptoms:*

**STOP THE PUMP IMMEDIATELY.**

**CALL OHSU (503 494-8311) and ask for the  
Home Pump Physician On-Call**

**IF YOUR SYMPTOMS ARE SEVERE, CALL 911**

# Before Removing the Tubing

- Wait until your limb is not numb and the pump is empty or when instructed by your pain physician
- Do not cut the catheter.
- Stop if you experience pain during removal and call OHSU (503 494-8311): ask for the Home Pump Physician On-Call.



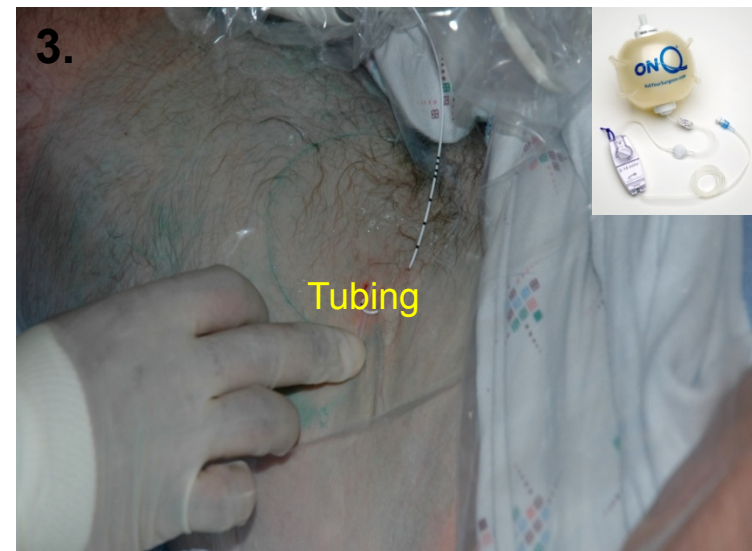
# How to Remove the Tubing

**Do not remove the catheter until your limb is no longer numb.**

1. Wash hands,
2. Gently remove all dressings and adhesive tapes,
3. Grasp the tubing at the skin and gently pull the tubing out of the skin. Approximately 2 or 3 inches of the tubing will come out, and it should come out easily and without pain. Once the tubing is out, cover the small entry point with a Band-Aid.



**DO NOT CUT TUBING.**



# Problems?

- Do not know what to do?
- Are you experiencing pain during the removal?
- Is the tubing stuck?

**–STOP**

**–DO NOT CUT TUBING**

**CALL OHSU (503 494-8311): ask for the  
Home Pump Physician On-Call**

# Follow Up

- You will receive a phone call at home to check on your home pump the day after you leave the hospital
- Should you have concerns or experience any difficulties with your home pump, please call OHSU at 503 494-8311 and ask for the Home Pump Physician On-Call
- If you have pain issues, call your surgeon

# Pain Control at Home

- It is normal for the numbness to decrease with time
- It is normal to regain some muscle strength with time
- It is normal to experience more pain with time
- The home pump will help with pain control, but does not always cover all of the pain.

# If Your Pain is Poorly Controlled

- Take pain pills as prescribed by your surgeon (it is ok to combine the pump medication with the pain pills)
- If the pain is still not properly controlled or you have a question about your surgical wound, please call your surgeon





# Do Not Change Your Medication Dose

- Do not change the dial on the pump
- The pump has been set so you will receive a safe amount of medication



# Important Reminders

- Do not cut tubing
- Protect the limb like a baby
- Ask for assistance to walk and move around

# Questions?

- If you have questions please ask the PAT Clinic staff
  - If you have not been shown a pump, please ask to see one
  - You will receive a pamphlet with key information and contact phone numbers to read at home
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