



DISCHARGE INSTRUCTIONS - MANIPULATION UNDER ANAESTHETIC (MUA)

Surgery is different for everyone; this is a guide only. Please relay **any** concerns to our Practice Nurse.

Procedure

The purpose of the manipulation is to break through the scar tissue preventing you from progressing with your range of movement during your recovery. Your surgeon or therapist will show or describe how much improvement was able to be achieved in the manipulation. In the early recovery you will be working to regain and maintain the best range of movement possible through regular active and passive movement exercises.

Swelling

Swelling occurs as a natural response to surgery and tissue injury. The site may be slightly tender, puffy, and swollen for 1-2 weeks post-operatively. It is expected you will get some bleeding into your joint after the manipulation which breaks up scar tissue. Swelling tends to increase around the site with increased activity however this should decrease over time.

The site will benefit from an ice compress for 20 minutes at a time, multiple times a day.

Medication

You will leave hospital with prescribed pain relief. This is generally an anti-inflammatory if they are safe for you and stronger pain medications which should be used about 1 hour before doing your exercises. Follow the instructions as per your medications label. If you have any concerns with the prescribed medication, please contact our rooms and speak with our practice nurse 6925 2250.

Constipation

Constipation is having fewer bowel motions than normal. There are several reasons you may become constipated following surgery: Pain medication, dehydration, inadequate fibre in your diet, and reduced physical activity.

To prevent constipation, eat a well-balanced diet that is high in fibre, such as All Bran, Metamucil, Benefibre, Prune juice, Rhubarb or Papaya, to name a few. If you are having concerns speak with your pharmacist.

Take it easy, rest and hydrate, if you have any concerns following surgery, please don't hesitate to contact our rooms 6925 2250.

Running Low on Medication: Reminder our practice closes at 3pm on Fridays. To ensure you receive your script in time, please contact our rooms prior to 12pm to request further medications.