

Appendix 1 – Pain Management Protocol

Table 1. Pain Management Protocol

	Medication	Intake	Dosage
Pre-operative	Gabapentin	2 hours before surgery 2 tablets	600 mg
	Acetaminophen (Paracetamol)	2 hours before surgery 2 tablets	1000 mg
	NSAID ^a (Diclofenac)	2 hours before surgery 1 tablet	50 mg
Per-operative	LIA ^b	<i>Ropivacaine 2 mg/ml and Adrenalin 1 mg/ml at a total volume of 100 ml</i> LIA 1: injection of 2 x 20 ml Ropivacaine 2 mg/ml with Adrenalin in the posterior joint capsule and both collateral ligaments before the prosthesis was placed. LIA 2: After placement of the prosthesis, 2 x 20 ml Ropivacaine 2 mg/ml with Adrenalin injections along the edges of the tibia, in the capsule and in fat and soft tissue around the joint were injected. LIA 3: Inject 20 ml Ropivacaine 2 mg/ml without Adrenalin in subcutaneously layers before the wound was stitched.	
Post-operative during admission	Acetaminophen (Paracetamol)	2 tablets, 4 times per day	500 mg
	NSAID ^a (Diclofenac)	1 tablet, 3 times per day	50 mg
	Gabapentin	Day of surgery 10.00 pm Day after surgery 08.00 am Thereafter at indication	300 mg 300 mg
		<i>If necessary (NRS > 4)</i>	
	Opiate (Oxynorm / oxycodon)	Maximum of 1 tablet, 3 times per day	5 mg
Post-operative at home - Usually 1 or 2 nights after surgery	Acetaminophen (Paracetamol)	2 tablets, 4 times per day (until day 14 after surgery)	500 mg
		<i>In presence of pain</i>	
	NSAID ^a (Diclofenac)	1 tablet, 3 times per day (until day 7 after surgery)	50 mg
	Opiate (Oxynorm / oxycodon)	Maximum of 1 tablet, 3 times per day	5 mg
	Gabapentin	At indication on doctor's prescription	

^aNSAID: non-steroidal anti-inflammatory drug.

^bLIA: local infiltration anesthesia.