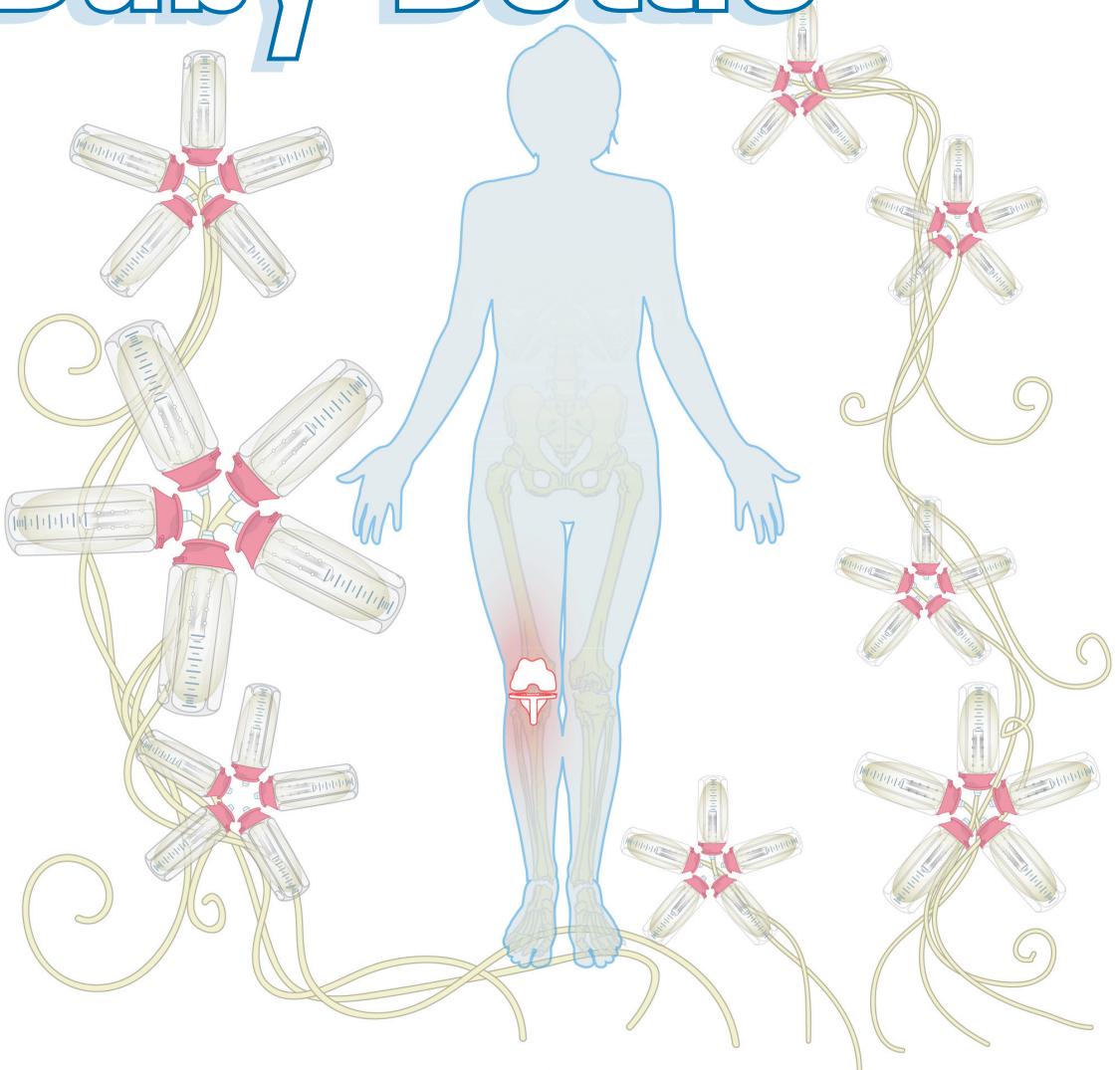


A Guide to the Baby Bottle

How to use the baby bottle to control pain after your surgery



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IMPORTANT

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

We would like to recognize the MUHC Patient Education Office for their support throughout the development of this booklet, the design and layout, as well as for the creation of all the images.

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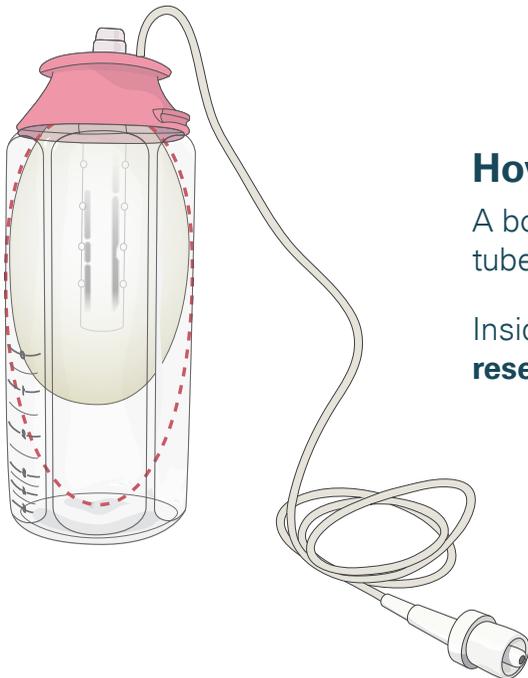
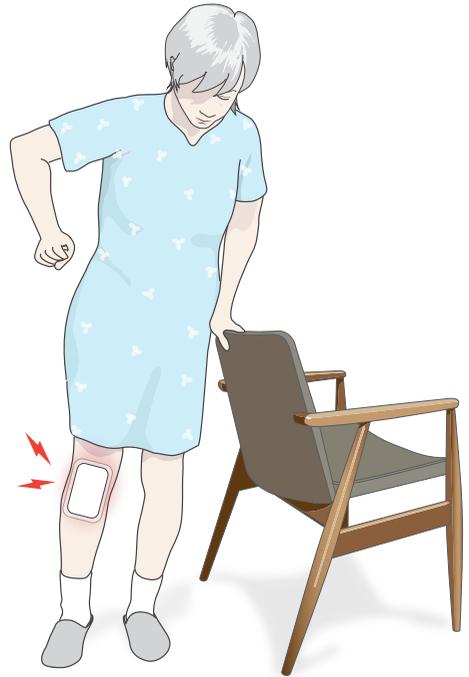
This material is also available through the
MUHC Patient Education Office website
www.muhcpatienteducation.ca

Ways to control pain

Your anesthesiologist will discuss pain control with you. They will recommend the best options for you.

This booklet is about the baby bottle. It is one way to control pain after knee, leg, shoulder or arm surgery.

The illustrations in this booklet show knee surgery as an example. The same pain control method can be used for surgery on different areas of your body.



How the baby bottle works

A bottle is attached to the small tube. We call this a **baby bottle**.

Inside the baby bottle there is a **reservoir** that looks like a balloon.

The baby bottle

- Has pain freezing medication inside the balloon to reduce the pain.
- Gives you continuous pain medication for about 60 hours or 3 days after your surgery.

We will also offer you pills to help manage your pain.

Your baby bottle was started on _____ at _____.

It should last about 3 days.

You may remove it on _____ at _____.

If you go home with the baby bottle, we will explain how it works before you leave the hospital. At home, you and or your family member must take care of the baby bottle and the tube. This means that you will remove the catheter yourself after the medication is finished.

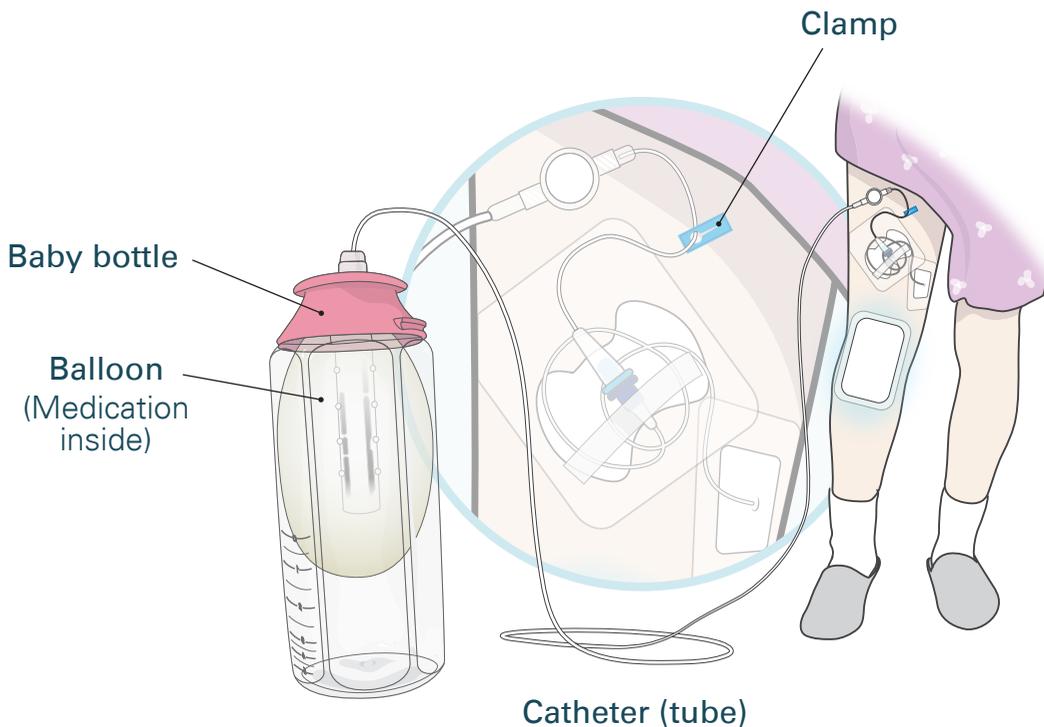
If you do not want to go home with the baby bottle, we will remove it before you leave the hospital. You will still use pain pills, ice and exercise to manage your pain.

Baby bottle information

Your anesthesiologist has placed a small tube (also called a peripheral nerve block) under your skin, close to your cut. The baby bottle is attached to the tube. It will give you continuous freezing medication to help control your pain.

Only you or your family member must remove the tubing and the bottle at home. This will be about 60 hours or 3 days after your surgery.

We will teach you how to care for the baby bottle and bandage. We will also explain how to safely remove it.



What will I feel with a baby bottle?

It is normal to feel:

- Numb, heavy or a tingling feeling in the area of your operation.
- As if your leg or arm is lost or not part of your body. It may be hard to move your leg or arm. This is temporary.

These feelings are strongest after surgery. They will go away once the medication is finished and the baby bottle and tube are removed.



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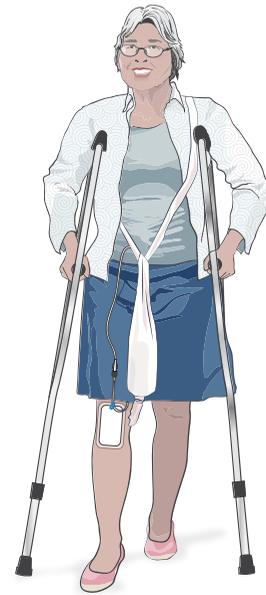
How to avoid injury while the area is numb:

Because part of the limb with the baby bottle will be frozen, you won't be able to feel things normally. You may not notice sharp things or hot or cold temperatures. You may also need extra support while walking.

Always test the water temperature with your hand.

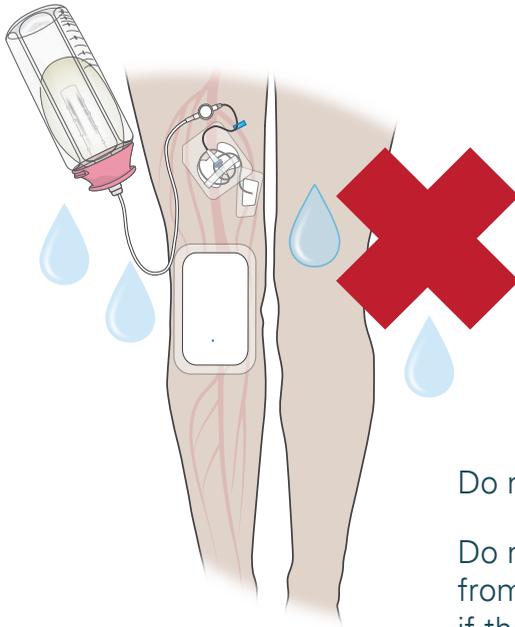


Watch out for things like sharp objects. They might touch your arm or leg and hurt you.



To avoid falling, do not put any weight on the limb while it is numb. Use crutches, a walker or a cane to help you walk safely.

To avoid injury to your arm or shoulder, keep your arm in a sling.



Do not wet the area around the tube.

Do not worry if some liquid drips out from under the baby bottle bandage or if the bandage gets loose.

Use medical tape to make the bandage stronger (you can purchase tape from your pharmacy). You can also use a facecloth behind your knee to soak up the liquid.

How can I tell if the baby bottle is working well?

If you are getting good pain relief, the system is working.

The balloon inside the bottle will get smaller as it slowly pushes the medication through the tube.



What if I have pain even with the baby bottle?

Your surgeon will prescribe pills for pain when you leave the hospital.

You can take these pills with the baby bottle in place to help soothe the pain. A nurse will also review how to safely use these pills at home.

When you are discharged from the hospital, you can get your prescription filled at your pharmacy. Your pharmacist can also review how to safely use these medications with you.



How do I carry the baby bottle?

We will show you how to carry the bottle. You can use a pouch that can easily be attached to your clothes or hung around your neck.

Keep the bottle at about the same level as where the tube enters your skin.

How long do I keep the baby bottle?

When the balloon inside the bottle is empty, there is no more medication.

The baby bottle and tubing are usually removed about 60 hours or 3 days after your surgery.

For more information on the baby bottles see:

www.capca.ca/wp-content/uploads/Baxter-Elastomeric-Pumps-Patient-Guide11.pdf



If you have any questions about the baby bottle:

Call the Post-Anesthesia Care Unit (PACU): 514 934-1934. Press the number 1 then extension 43285.



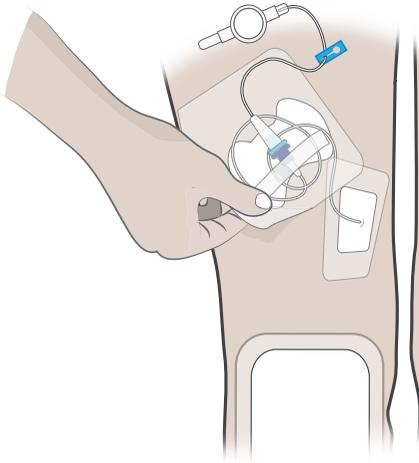
You will need to give your name, the hospital identification number on your hospital card, the date of your surgery, and your surgeon's name.

How to remove the baby bottle and tube

1. Wash your hands.



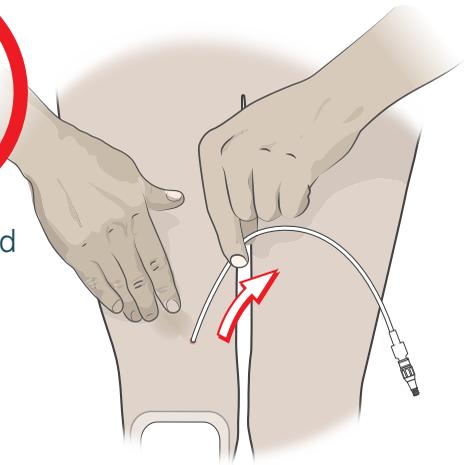
2. Remove the tape until you see where the tube enters the skin.



3. **Do not** cut the tube.



4. Hold the tube between your fingers and gently, but firmly, pull the tube out of your skin. Use the other hand to hold the skin to keep it from being pulled in the direction of the tube. The tube should come out easily.



- If the tube does not move, or if you feel a lot of pain, stop. Massage the skin around the tube. Change the angle of the tube and try to pull it out again.
- If the tube will still not come out or you still have pain, stop and call the PACU: 514 934-1934. **Press the number 1 then extension 43285.**

After you remove the baby bottle

Some clear or pink fluid may leak out where the tube was inserted. Put on a Band-Aid.

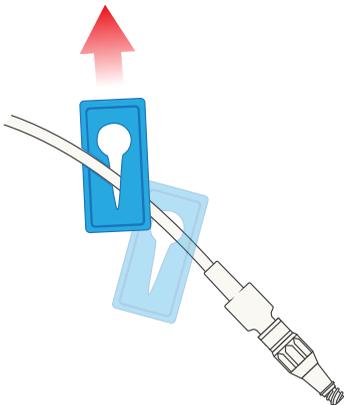
Check the tube that came out of your skin. There should be a silver mark on the end. This shows that the tube was completely removed. If you do not see this silver mark, call the PACU right away.



You may still feel the effects of the pain medication for 2-3 hours after the balloon is empty or the tube is removed. You will slowly start to feel that the area around your surgery is unfreezing. Throw away the tube and the baby bottle.

Check the area where the tube was every day until it is healed. If you have pain, take pain medication (pills) as prescribed by your surgeon.

Side effects with this type of medication and the tube are rare. However, if you have any of the side effects in the list below, clamp the tube right away and phone the PACU at **514 934-1934. Press the number 1 then extension 43285.**



How to clamp the tube:

- Hold the tube firmly with one hand.
- Hold the clamp with the other hand.
- Slide the clamp over to close the hole in the tube. This will stop the flow of pain medication.

These are possible side effects from the pain medication in the baby bottle.



Severe pain



Feeling dizzy or lightheaded



Ringing in the ears



Blurred or double vision



Muscle twitching, shakes or seizure



Nausea or vomiting



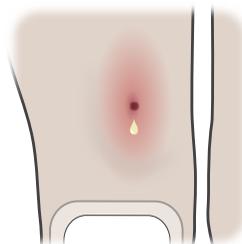
Drowsiness



Increased anxiety or shortness of breath



Metal taste in your mouth. Numbness or tingling around the mouth



Redness, swelling, yellow /green liquid or pus where the tube enters the skin