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Neuraxial Anesthesia Criteria
Inclusion:

- Patient consent, surgery below the umbilicus requiring motor and sensory blockade

Exclusion:

- **Absolute contraindications** Patient refusal, systemic infection or infection at the site, history of bleeding disorder (hemophilia, thrombocytopenia, etc.), patients on anticoagulant therapy (warfarin, heparin, etc.), allergy to medications, inability to cooperate or position for the procedure, conditions that increase intracranial pressure (brain tumor, trauma, intracranial bleed), uncorrected hypovolemia.
- **Relative contraindications** Pre-existing neurological disease such as multiple sclerosis, neuropathy, spinal cord disease, extreme obesity, cognitive impairment, aortic stenosis or a fixed cardiac output, severely uncontrolled hypertension, scoliosis or history of spinal surgery.

Preoperative Goals

- Discuss the suitability of neuraxial anesthesia with sedation versus general anesthesia
- Optimize preoperative mobility and education to support quicker postoperative participation in physical therapy

Prior to surgery day

Patient scheduled for total hip arthroplasty

Pre-Admission Testing (PAT)

- **Discuss** anesthesia plan and obtain spinal and general anesthesia consent
- **Introduce** ERAS principles, e.g., multimodal analgesia, encouraging PO intake, etc.
- **Review** medication instructions
- **Provide** diet instructions (carbohydrate-rich drink up to 2 hours prior to surgery)
- [ERAS overview handout \(English\)](#)
- [ERAS overview handout \(Spanish\)](#)
- **Medications to be ordered in PAT**
 - Midazolam as indicated

Orthopedic Clinic

- **Complete** surgical consent with patient/family
- **Provide** preoperative bathing instructions
- **Discuss** anticipated postoperative course & pain management
- **Provide** mupirocin
 - Should be applied for 5 days prior to surgery
- **Refer** to P.T. for gait training
 - Occurs same day as pre-op appointment
- **Order** labs if history concerning for bleeding disorder
 - CBC, PT, and PTT

48 hours prior to surgery date, SDS calls caregiver for surgery time, NPO times, and reminder for carbohydrate-rich last PO intake

Abbreviations:
 PAT = Pre-Admission Testing
 SDS = Same Day Surgery
 PT = Prothrombin Time
 PTT = Partial Thromboplastin Time

[Intraoperative algorithm](#)