

Name

Amir Adham Ahmad

Email

amir_adham@yahoo.com

Title

Plating of Distal End Radius Fractures Using the Wide Awake Local Anaesthesia No Tourniquet (WALANT) Technique

Purpose

The belief that local anaesthesia lidocaine should not be used with epinephrine for procedures involving limb extremities as this will lead to digital necrosis has been challenged and proven untrue by various studies. In fact, many hand surgeons worldwide have found injecting lidocaine and epinephrine into the operating field and without using a tourniquet to be advantageous for various hand surgical procedures. This technique, also known as wide awake local anaesthesia and no tourniquet (WALANT) technique, however, has not been used for fixation of fractures beyond the wrist, of which is usually performed under general or regional anaesthesia. Distal end radius fracture is a very common fracture in the community involving patients of extreme ages. Fixation of this fracture in a timely manner is essential to enable patients to regain full wrist function for their activities of daily living. This case series aims to evaluate the possibility of using the WALANT technique as an alternative anaesthesia for fixation of distal end radius fractures and if this technique provides the same benefits to both patient and surgeon as with other hand surgeries.

Methods

A total of 5 patients of various ages with distal end radius fracture requiring open reduction and fixation with plate were recruited to undergo fracture fixation using the WALANT technique.

Results

All patients in this case series were able to undergo plating of distal end radius fracture using WALANT technique without requiring conversion to general or regional anaesthesia. Patients experienced minimal to no pain at all during their operation. There were also no adverse effects of lidocaine or epinephrine encountered during and after their operation. Minimal blood loss and a clear view of the operation field were also achievable with epinephrine which obviates the need of a tourniquet during the procedure.

Conclusion

The WALANT technique can be used as an alternative method of anaesthesia for plating of distal end radius fracture as it is able to provide adequate pain relief, reduces bleeding at the operative field thus resulting in a clear operative view and has no adverse effects.