

## PLATING OF CLAVICLE USING WALANT: THIS IS HOW I DO IT

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**Introduction:** "Wide Awake Local Anaesthesia No Tourniquet" (WALANT) technique allows operation to be done while the patient still remains awake and not sedated. WALANT cocktail consisting of diluted lignocaine, sodium bicarbonate and adrenaline administered over the surgical site provide the necessary anaesthesia for the surgery to be performed.

**Discussion:** We report a 53 year-old man alleged motor vehicle accident on 21st July 2020 and sustained closed oblique fracture of left clavicle. Initially planned for conservative management with arm-sling but when patient was seen in clinic a week later he opted for plating. On examination, patient's left clavicular region was slightly swollen with minimal tenderness; no skin impingement and neurovascular deficit. Due to limited general anaesthesia operation time, patient was offered, counselled and consented on plating with WALANT technique. Operation was performed under daycare basis, no admission and pre-operative anaesthesia team assessment were needed. Total of 40cc WALANT cocktail was prepared in two 20cc syringes each comprising of 10cc of lignocaine 2%(200mg), 2cc of sodium bicarbonate 8.4%, 3cc of diluted adrenaline (3 in 200,000) and 5cc of distilled water. Firstly, 20cc of the WALANT cocktail was injected multiple times with a 25 gauge needle along the planned incision site. Another 10cc was given along the clavicle under its periosteum with a 23 gauge needle. An additional of 10cc was given at deeper areas over the periosteum of fracture site and the surrounding tissue as patient complained of slight pain during fracture reduction. Surgery lasted for two hours and patient tolerated the procedure well.

**Conclusion:** WALANT provides an alternative route of anaesthetizing our patient when the conventional method of general anaesthesia was contraindicated in whichever way. With proper and sufficient administration of WALANT solution, patient can have a painless yet comfortable surgery. It is safe and proven effective with good feedback from the patient.