

Simultaneous Bilateral Distal End Radius Plating under WALANT. A Case Report.

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Introduction

Incidence of distal end radius fracture in adults that is being treated surgically is increasing². It is not uncommon to sustain a bilateral distal end radius fracture in high energy motor vehicle accidents. WALANT (Wide Awake Local Anesthesia No Tourniquet) technique is commonly used for plating of distal end radius fracture as it offers many advantages. To our knowledge, this is the first case report on simultaneous bilateral distal end radius plating under WALANT.

Case report

We report a 48-year-old gentleman who sustained bilateral distal end radius fracture following motor vehicle accident. He consented for bilateral distal end radius plating under WALANT. Standard WALANT solution was diluted in the ratio of 2:1 using normal saline 0.9% and was given over surgical incision, volar and dorsal periosteum of distal end radius according to bodyweight. The surgeries were started simultaneously, and he was painless throughout the procedure. Post operatively, oral analgesics were used to control the pain and no complications were documented. He was discharged well and was seen at 2 weeks, at 6 weeks and at 12 weeks after the surgery. Clinical and radiological outcomes were uneventful.



Figure 1: Preoperative x-rays of bilateral wrist



Figure 2: Postoperative x-rays of bilateral wrist

Discussion:

Plating of distal end radius using WALANT technique is gaining popularity and it offers many advantages. The surgery can be done earlier as it does not require an anesthetist, who are facing manpower shortage during Covid 19 pandemic. It also eliminates general anesthesia complications for the patients. Furthermore, patients will not have tourniquet related complications. It also minimizes blood loss due to use of adrenaline. Active movement of the fingers and wrist can be assessed during the surgery and shown to patients which motivates them during rehabilitation in the recovery period.

References

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2. Mellstrand-Navarro C et al,. Bone Joint J. 2014 Jul