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Postoperative pain after shoulder surgery

The role of the anesthesiologist

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Role of the anesthesiologist

- Continuous medical care
- Before, during, and after the operation
- Permit surgery
- Protect the patient
- Improve outcome

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Role of the anesthesiologist

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Goals

- Better pain control and patient satisfaction
- Improve discharge readiness
- Reduce hospital cost
- Decrease time to return to work
- Reduce cost for the community

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Role of the anesthesiologist

**MAY
THE
FORCE
BE WITH
YOU**

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Many ways to Rome? Our way...

- Prep room at the OR (LRA)
- OR (GA)
- Surgery
- Recovery
- Day care or in hospital

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Our way ...

- **Prep room at the OR**
 - 2 nurses to assist the anesthesiologist
 - Reassurance
 - Calm and quite explanation
 - ID-check (Safe surgery checklist)
 - Apply monitoring
- **Locoregional anesthesia**
- **General anesthesia**
- **Surgery**
- **Day care or in hospital**

Why?

- Interscalene block = ISB = “gold standard”

Am J Sports Med. 2017 Jun;45(7):1676-1686. doi: 10.1177/0363546516667906. Epub 2016 Oct 13.

Pain Management After Outpatient Shoulder Arthroscopy: A Systematic Review of Randomized Controlled Trials.

Warrender WJ¹, Syed UAM², Hammoud S², Emper W², Ciccotti MG², Abboud JA², Freedman KB².

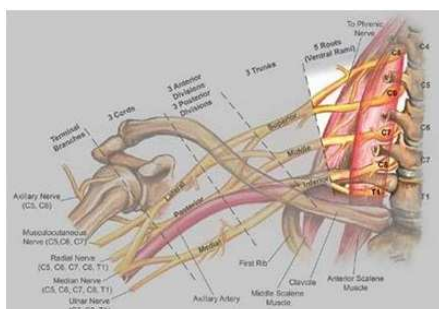
Our way ...

- **Prep room at the OR**
- **Locoregional anesthesia = ISB**
 - Awake, avoid sedation
 - Ultrasound guidance
 - Nerve stimulation
 - Long acting local anesthetics
 - Adjuvants
- **General anesthesia**
- **Surgery**
- **Day care or in hospital**

How?

- **Prep room at the OR**
- **Locoregional anesthesia**
 - **Awake, avoid sedation**
 - **Ultrasound guidance**
 - **Nerve stimulation**
 - **Long acting local anesthetics**
 - **Adjuvants**
- **General anesthesia**
- **Surgery**
- **Day care or in hospital**

Interscalene block



How?

- **Prep room at the OR**
- **Locoregional anesthesia**
 - **Awake, avoid sedation**
 - **Ultrasound guidance**
 - **Nerve stimulation**
 - **Long acting local anesthetics**
 - **Adjuvants**
- **General anesthesia**
- **Surgery**
- **Day care or in hospital**

Equipment



Adjuvants?

- Dexamethasone
- Clonidine
- Ketamine
- Magnesium
- ~~NSAIDs~~
- ...

How?

- Prep room at the OR
- **Locoregional anesthesia**
 - Awake, avoid sedation
 - Ultrasound guidance
 - Nerve stimulation
 - **Long acting local anesthetics (ropivacaine)**
 - Adjuvants
- General anesthesia
- Surgery
- Day care or in hospital

Adjuvants?

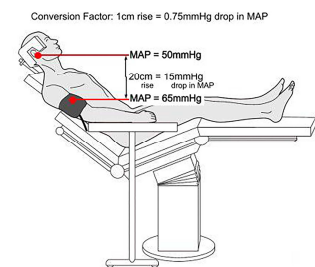
- Dexamethasone
- Clonidine
- ~~Ketamine~~
- ~~Magnesium~~
- NSAIDs
- ...

Adjuvants?

- Dexamethasone
- Clonidine
- Ketamine
- Magnesium
- NSAIDs
- ...

Adjuvants?

- Dexamethasone
- ~~Clonidine~~
- Magnesium
- NSAIDs
- ...



Adjuvants?

- **Dexamethasone**
- Clonidine
- Magnesium
- NSAIDs
- ...

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Adjuvants? Which way ?

- **Dexamethasone**
- **5 mg**
- **IV or perineural**

Intravenous Dexamethasone and Perineural Dexamethasone Similarly Prolong the Duration of Analgesia After Supraclavicular Brachial Plexus Block
A Randomized, Triple-Arm, Double-Blind, Placebo-Controlled Trial

Fanaj W. Abdallah, MD,* James Johnson, MD,† Vincent Chan, MD, FRCPC,‡
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Rongyu Jin, MD,† and Richard Brull, MD, FRCPC*†

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Adjuvants?

- **Dexamethasone**
- **5 mg**
- **IV or perineural (both prolong the LA action)**

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Dexamethasone IV

Prolonged effect of locoregional analgesia

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Adjuvants?

13 hrs

25 hrs

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Dexamethasone IV

Prolonged effect of locoregional analgesia

Anti emetic effect (PONV)

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How?

- Prep room at the OR
- Locoregional anesthesia (**opioid sparing**)
- **General anesthesia**
 - "light" version
 - Better blood pressure control
 - Preserve cerebral perfusion (BEACH CHAIR POSITION)
 - No BZD, less sedation, faster recovery
 - Short acting opioids
- **Surgery**
- **Recovery**
- Day care or in hospital (paracetamol/tramadol)

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Summary

Improved discharge readiness

"Light" anesthesia with less side effects

Prolonged analgesic and opioid sparing effect of the LRA + dexamethasone

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Summary

Prolonged analgesic and opioid sparing effect of the LRA + dexamethasone

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Summary

Speed up RTW

Improved discharge readiness

"Light" anesthesia with less side effects

Prolonged analgesic and opioid sparing effect of the LRA + dexamethasone

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Summary

"Light" anesthesia with less side effects

Prolonged analgesic and opioid sparing effect of the LRA + dexamethasone

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Summary

Reduce cost

Speed up RTW

Improved discharge readiness

"Light" anesthesia with less side effects

Prolonged analgesic and opioid sparing effect of the LRA

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