Nerve Blocks & Long Acting Analgesia for Plastic Surgeons

Karol A Gutowski, MD, FACS

AMERICAN SOCIETY OF PLASTIC SURGEONS®

33RD ANNUAL ASPS
BREAST SURGERY & BODY CONTOURING SYMPOSIUM
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Austin TEXAS
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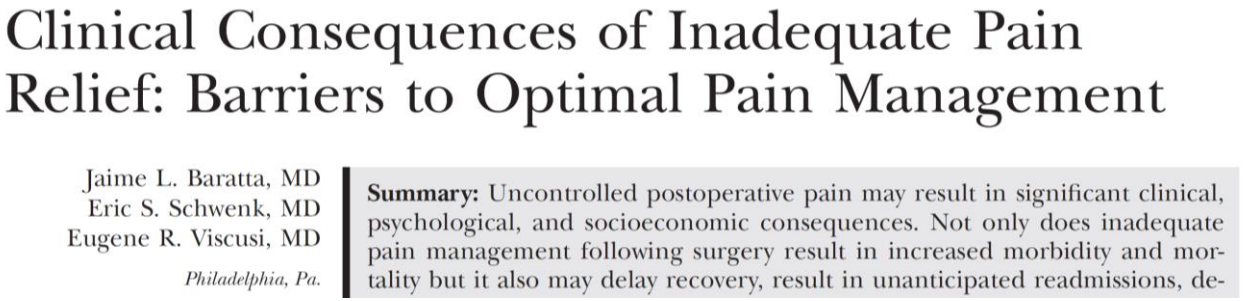
Disclosures

None related to this topic

Why is Non-Opioid Analgesia Important

- Opioid epidemic
- Less opioid use
- Less PONV
- Faster transfer from PACU
- Faster discharge home
- Normalized physiology (RR, HR, BP)
- Decreased surgical stress response?
- Decreased risk of long-term pain & CRPS?



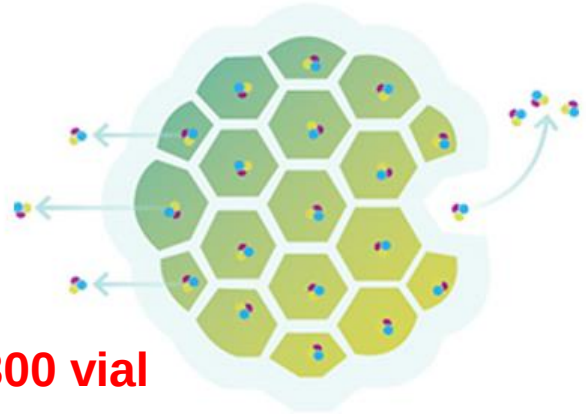
Clinical Consequences of Inadequate Pain Relief: Barriers to Optimal Pain Management

Jaime L. Baratta, MD
Eric S. Schwenk, MD
Eugene R. Viscusi, MD
Philadelphia, Pa.

Summary: Uncontrolled postoperative pain may result in significant clinical, psychological, and socioeconomic consequences. Not only does inadequate pain management following surgery result in increased morbidity and mortality but it also may delay recovery, result in unanticipated readmissions, de-

Liposomal Bupivacaine (Exparel)

- Controlled bupivacaine release
- Pain relief 2 to 3 days
- Can’t mix with lidocaine within 20 min
- May be an “add on” cost
- Mixed results in breast augmentation
- Use in plastic surgery not standardized



$300 vial

Systematic Review of Liposomal Bupivacaine (Exparel) for Postoperative Analgesia

Krishna S. Vyas, M.D., M.H.S.
Sibi Rajendran, B.S.
Shane D. Morrison, M.D., M.S.
Afaaf Shakir, B.S.
Samir Mardini, M.D.
Valerie Lemaine, M.D., M.P.H.

Background: Management of postoperative pain often requires multimodal approaches. Suboptimal dosages of current therapies can leave patients experiencing periods of insufficient analgesia, often requiring rescue therapy. With absence of a validated and standardized approach to pain management, further refinement of treatment protocols and targeted therapeutics is needed. Liposomal bupivacaine (Exparel) is a longer acting form of traditional bupivacaine that delivers the drug by means of a multivesicular liposomal system. The effectiveness of liposomal bupivacaine has not been systematically analyzed relative to conventional treatments in plastic surgery.

Liposomal Bupivacaine – Big Picture

- Lack of evidence prevents assessment of liposomal bupivacaine as a peripheral nerve block (2016)
- Liposomal bupivacaine at surgical site (2017)
  - Does appear to reduce postoperative pain compared to placebo
  - Limited evidence does NOT demonstrate superiority to bupivacaine

Preemptive & Preventive Analgesia

- Preemptive analgesia (before incision) effectiveness is debatable
  - Local anesthetic at incision sites (mandatory in MAC cases)
  - Preoperative oral NSAIDs, acetaminophen (useful for short cases)
- Preventive analgesia (after incision) effectiveness is debatable
- Has to be part of ERAS protocol

Preemptive, Preventive, Multimodal Analgesia: What Do They Really Mean?

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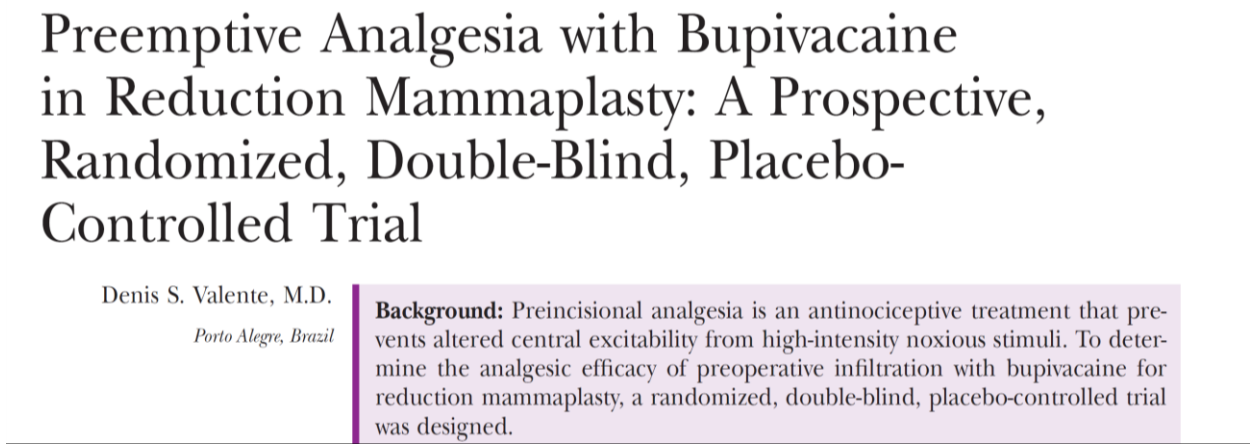
Summary: To improve postoperative pain management, several concepts have been developed, including preemptive analgesia, preventive analgesia, and multimodal analgesia. This article will discuss the role of these concepts in improving perioperative pain management. Preemptive analgesia refers to the

Breast Procedures

Preemptive Bupivacaine in Breast Reduction

- 110 mL dilute bupivacaine + epi per side
- Incisions and retroglandular
- Significant improvement in
  - Time from surgery to first analgesic
  - Number of analgesic doses
  - McGill Pain Questionnaire
  - Visual analogue pain scale
  - Verbal pain scale



Preemptive Analgesia with Bupivacaine in Reduction Mammaplasty: A Prospective, Randomized, Double-Blind, Placebo-Controlled Trial

Denis S. Valente, M.D.
Porto Alegre, Brazil

Background: Preincisional analgesia is an antinociceptive treatment that prevents altered central excitability from high-intensity noxious stimuli. To determine the analgesic efficacy of preoperative infiltration with bupivacaine for reduction mammaplasty, a randomized, double-blind, placebo-controlled trial was designed.

Tumescent Lidocaine in Breast Reduction

- 250 mg lidocaine in 500 mL NS per breast
- No difference in pain, narcotic use, PONV in first 24 hrs
- Consider 750 to 1000 mg - it works!
- Need bupivacaine in incision sites

A Prospective Randomized Trial Comparing the Effects of Lidocaine in Breast Reduction Surgery

Brian M. Christie, M.D.
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Steve J. Kempton, M.D.
Summer E. Hanson, M.D., Ph.D.
Yue Ma, Ph.D.
Venkat K. Rao, M.D., M.B.A.

Background: Use of dilute epinephrine tumescent solution in breast reduction surgery has been shown to significantly decrease operative blood loss without increasing perioperative complications. Lidocaine is commonly added to epinephrine to decrease postoperative pain. Evidence supporting this practice, however, is limited, and lidocaine toxicity has been reported.
Methods: With institutional review board approval, patients undergoing bilateral breast reduction surgery were assigned to receive either tumescent saline

Paravertebral Block for Breast Reduction

- Reduction in
  - Time to first pain
  - Fentanyl requirement
  - Pain scale scores
  - Tramadol in PACU
- Not worth the effort?

Ultrasound-Guided Bilateral Thoracic Paravertebral Blocks as an Adjunct to General Anesthesia in Patients Undergoing Reduction Mammaplasty: A Historical Cohort Study

Emine A. Salviz, M.D.
Nukhet Sivrikoz, M.D.
Anil Ozonur, M.D.

Background: This study investigates whether ultrasound-guided thoracic paravertebral blocks would improve postoperative analgesia in patients undergoing

Paravertebral Block Implant Reconstruction

- RCT 74 patients PVB vs no block
  - Less opioid (109 vs 246 fentanyl units)
  - Lower pain scores
- Less PONV medication

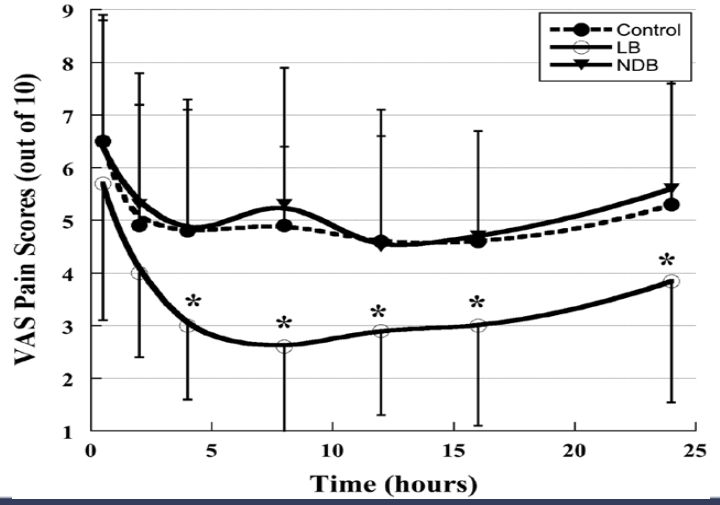
A Prospective, Randomized, Controlled Trial of Paravertebral Block versus General Anesthesia Alone for Prosthetic Breast Reconstruction

Omer Wolf, M.D.
Mark W. Clemens, M.D.
Ronaldo V. Purugganan, M.D.

Background: Paravertebral blocks have gained popularity because of ease of implementation and a shift toward ambulatory breast surgery procedures. Previous retrospective studies have reported potential benefits of paravertebral blocks, including decreased narcotic and antiemetic use.

Liposomal Bupivacaine in Immediate Implant Breast Reconstruction

- Conventional (C) vs bupivacaine pump (BP) vs liposomal bupivacaine intercostal nerve block (LB)
- LB LOS 1.5 days vs 2.0 days for conventional protocol
- LB lower pain scores at from 4 to 24 hrs compared to BP & C



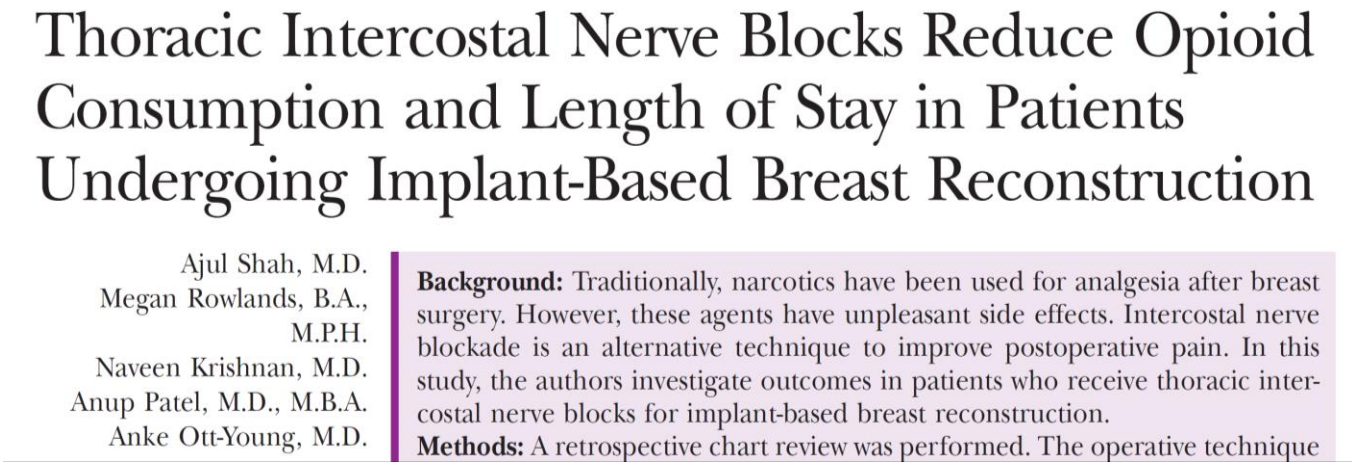
Postoperative Pain and Length of Stay Lowered by Use of Exparel in Immediate, Implant-Based Breast Reconstruction

Daniel R. Butz, MD*
Deana S. Shenaq, MD*
Veronica L. M. Rundell, PhD†
Brittany Kepler†
Eric Liederbach, BS‡
Jeff Thiel, PharmD§
Catherine Pesce, MD‡

Background: Patients undergoing mastectomy and prosthetic breast reconstruction have significant acute postsurgical pain, routinely mandating inpatient hospitalization. Liposomal bupivacaine (LB) (Exparel; Pacira Pharmaceuticals, Inc., Parsippany, N.J.) has been shown to be a safe and effective pain reliever in the immediate postoperative period and may be advantageous for use in mastectomy and breast reconstruction patients.

Bupivacaine Intercostal Blocks & Implant Reconstruction

- Bilateral reconstruction, lower
  - Length of stay
  - IV morphine
  - Valium
- Unilateral reconstruction, lower
  - IV morphine
- Cost savings per patient
  - Bilateral $2873
  - Unilateral $1532



Thoracic Intercostal Nerve Blocks Reduce Opioid Consumption and Length of Stay in Patients Undergoing Implant-Based Breast Reconstruction

Ajul Shah, M.D.
Megan Rowlands, B.A., M.P.H.
Naveen Krishnan, M.D.
Anup Patel, M.D., M.B.A.
Anke Ott-Young, M.D.

Background: Traditionally, narcotics have been used for analgesia after breast surgery. However, these agents have unpleasant side effects. Intercostal nerve blockade is an alternative technique to improve postoperative pain. In this study, the authors investigate outcomes in patients who receive thoracic intercostal nerve blocks for implant-based breast reconstruction.
Methods: A retrospective chart review was performed. The operative technique

Nerve Blocks Alone Not Enough?

- No outcome difference between bupivacaine nerve blocks & placebo
- Not part of a robust postoperative multimodal analgesic regimen

Intraoperative Nerve Blocks Fail to Improve Quality of Recovery after Tissue Expander Breast Reconstruction: A Prospective, Double-Blinded, Randomized, Placebo-Controlled Clinical Trial

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Kevin C. Lewis, B.S.
Mark C. Kendall, M.D.
Brittany L. Vieira, B.S.
Gildasio De Oliveira, Jr., M.D.
Anthony Nader, M.D.
John Y. S. Kim, M.D.
Mohammed Alghoul, M.D.

Background: The authors' study represents the first level I evidence to assess whether intraoperative nerve blocks improve the quality of recovery from immediate tissue expander/implant breast reconstruction.
Methods: A prospective, randomized, double-blinded, placebo-controlled clinical trial was conducted in which patients undergoing immediate tissue expander/implant breast reconstruction were randomized to either (1) intraoperative intercostal and pectoral nerve blocks with 0.25% bupivacaine with 1:200,000 epinephrine and 4 mg of dexamethasone or (2) sham nerve blocks with nor-

Epidural Anesthesia + General Anesthesia

- EA catheter remove at end of surgery
- EA+GA lower pain scores up to 24 hrs compared to GA alone
- No increase in flap thrombosis
- EA is more invasive
  - Patient stress
  - Spinal headache
  - Hypotension

Epidural Combined with General Anesthesia versus General Anesthesia Alone in Patients Undergoing Free Flap Breast Reconstruction

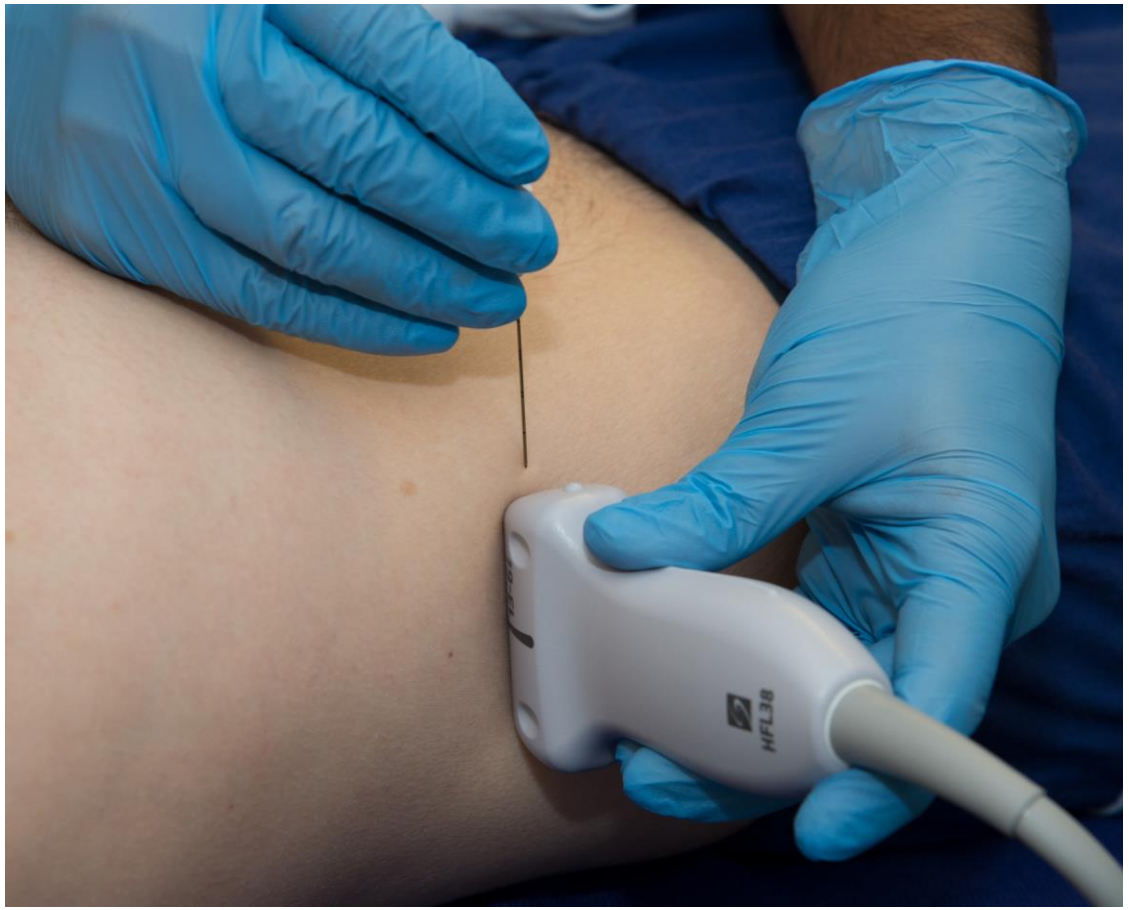
Feifei Lou, M.D.
Zhirong Sun, M.D.
Naisi Huang, M.D.
Zhen Hu, M.D.

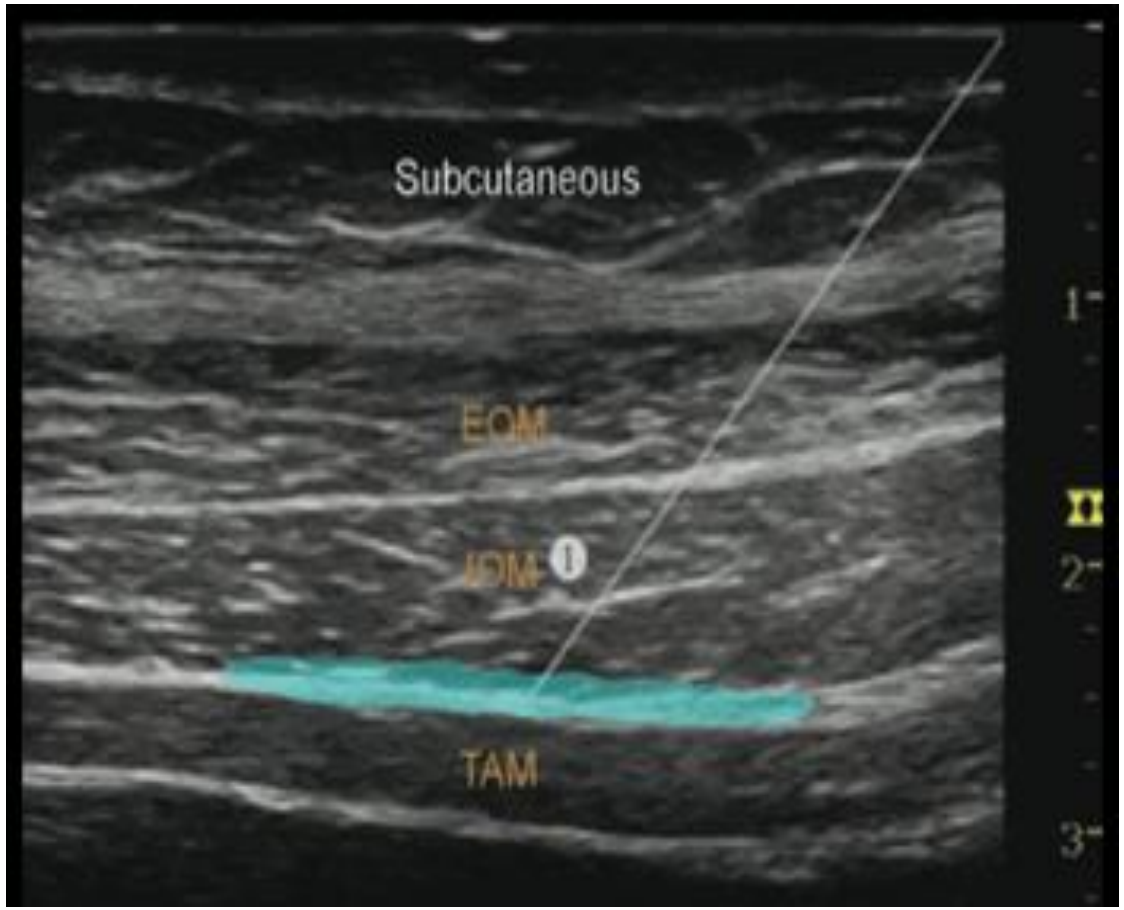
Background: Addition of epidural anesthesia may have several benefits. The purpose of this study was to investigate the effectiveness and safety of epidural anesthesia combined with general anesthesia in patients undergoing free flap breast reconstruction.

Transversus Abdominis Plane (TAP) Block

- **TRANSVERSUS ABDOMINIS PLANE (TAP)**
- Between transversus abdominis and internal oblique muscle
- 30 mL 0.25% ropivacaine or bupivacaine (with Epi) per side
- Ultrasound guided by anesthesiologist preoperative
- Open access by surgeon intraoperative

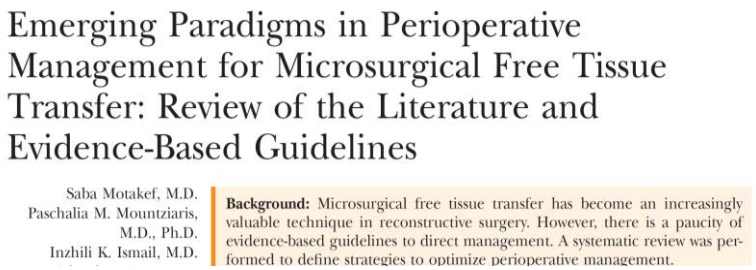
Transversus Abdominis Plane (TAP) Block





TAP Block: Abdominal Based Reconstruction

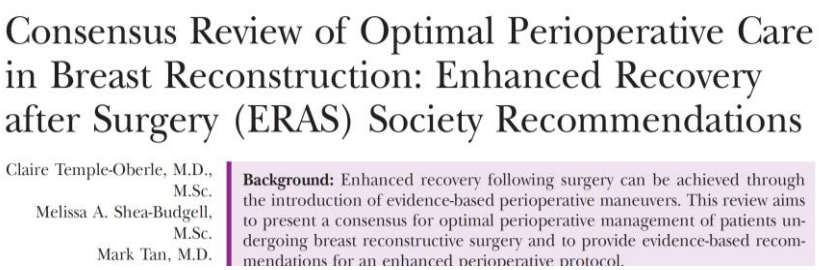
- Regional or local blocks minimize pain and sedation
- Continuous bupivacaine infusion catheters reduce opioid use
- Decrease abdominal donor-site pain
- Single liposomal bupivacaine injection lasts for several days
- Decreased PONV



Emerging Paradigms in Perioperative Management for Microsurgical Free Tissue Transfer: Review of the Literature and Evidence-Based Guidelines

Saba Motakef, M.D.
Paschalia M. Mountziaris, M.D., Ph.D.
Inzhili K. Ismail, M.D.

Background: Microsurgical free tissue transfer has become an increasingly valuable technique in reconstructive surgery. However, there is a paucity of evidence-based guidelines to direct management. A systematic review was performed to define strategies to optimize perioperative management.



Consensus Review of Optimal Perioperative Care in Breast Reconstruction: Enhanced Recovery after Surgery (ERAS) Society Recommendations

Claire Temple-Oberle, M.D., M.Sc.
Melissa A. Shea-Budgell, M.Sc.
Mark Tan, M.D.

Background: Enhanced recovery following surgery can be achieved through the introduction of evidence-based perioperative maneuvers. This review aims to present a consensus for optimal perioperative management of patients undergoing breast reconstructive surgery and to provide evidence-based recommendations for an enhanced perioperative protocol.

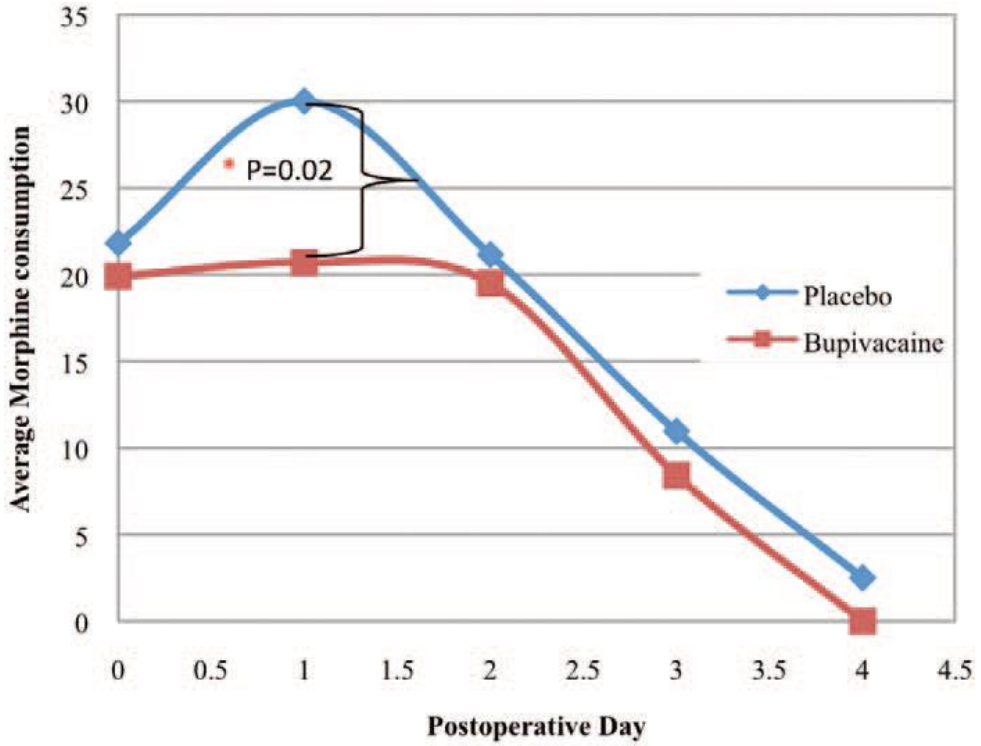
Prospective, Randomized, Controlled Comparison of Bupivacaine versus Liposomal Bupivacaine for Pain Management after Unilateral Delayed Deep Inferior Epigastric Perforator Free Flap Reconstruction

James Gatherwright, M.D.
Rebecca W. Knackstedt, M.D., Ph.D.

Summary: Effective postsurgical analgesia is a critical aspect of patient recovery. The goal of this prospective, randomized, controlled, blinded study

Bupivacaine Catheter TAP Block

- Reduction in POD 1 morphine use (21 mg vs 30 mg)



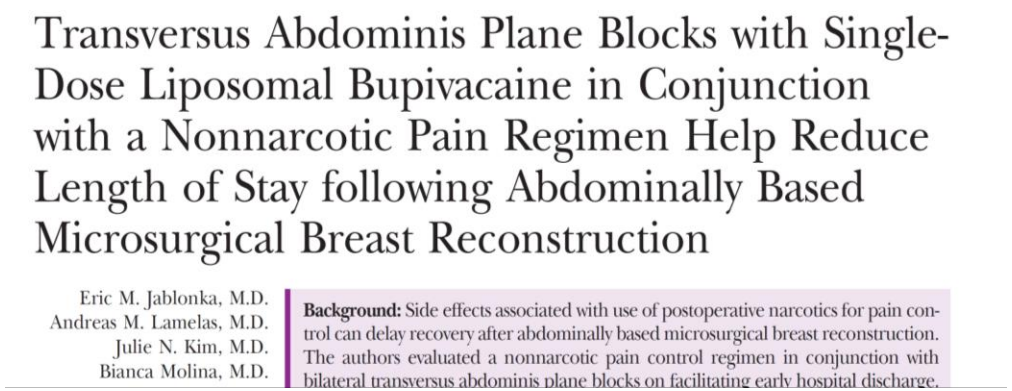
Transversus Abdominis Plane Block Reduces Morphine Consumption in the Early Postoperative Period following Microsurgical Abdominal Tissue Breast Reconstruction: A Double-Blind, Placebo-Controlled, Randomized Trial

Toni Zhong, M.D., M.H.S.
M. Ojha, M.N.
Shaghayegh Bagher, M.Sc.

Background: The analgesic efficacy of the transversus abdominis plane peripheral nerve block following abdominal tissue breast reconstruction has not been studied in a randomized controlled trial.

Liposomal Bupivacaine TAP Block

- Evolution from nothing (control), to continuous bupivacaine infusion TAP block with catheters, to single-dose TAP block with liposomal bupivacaine
- Reduction in length of stay
  - 2.7 days - liposomal bupivacaine
  - 3.5 days - bupivacaine catheter infusion
  - 4.1 days - control

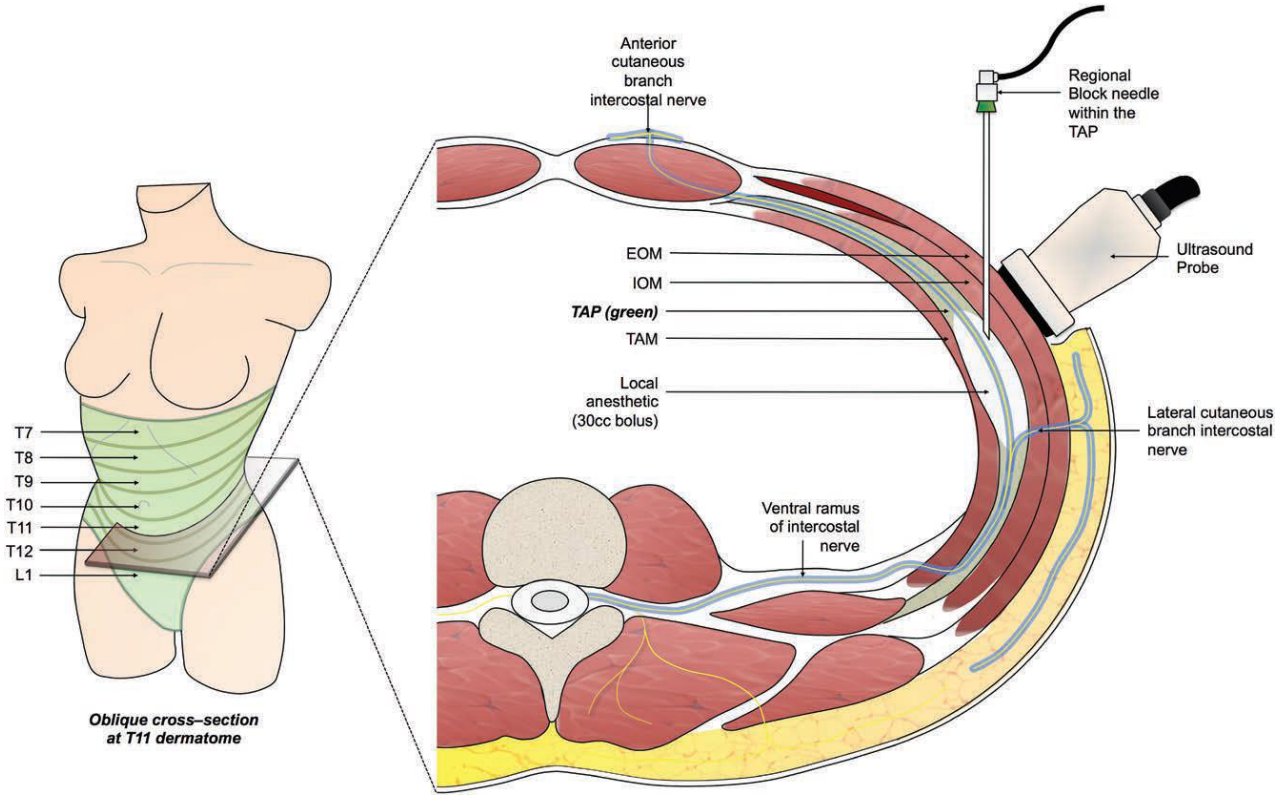


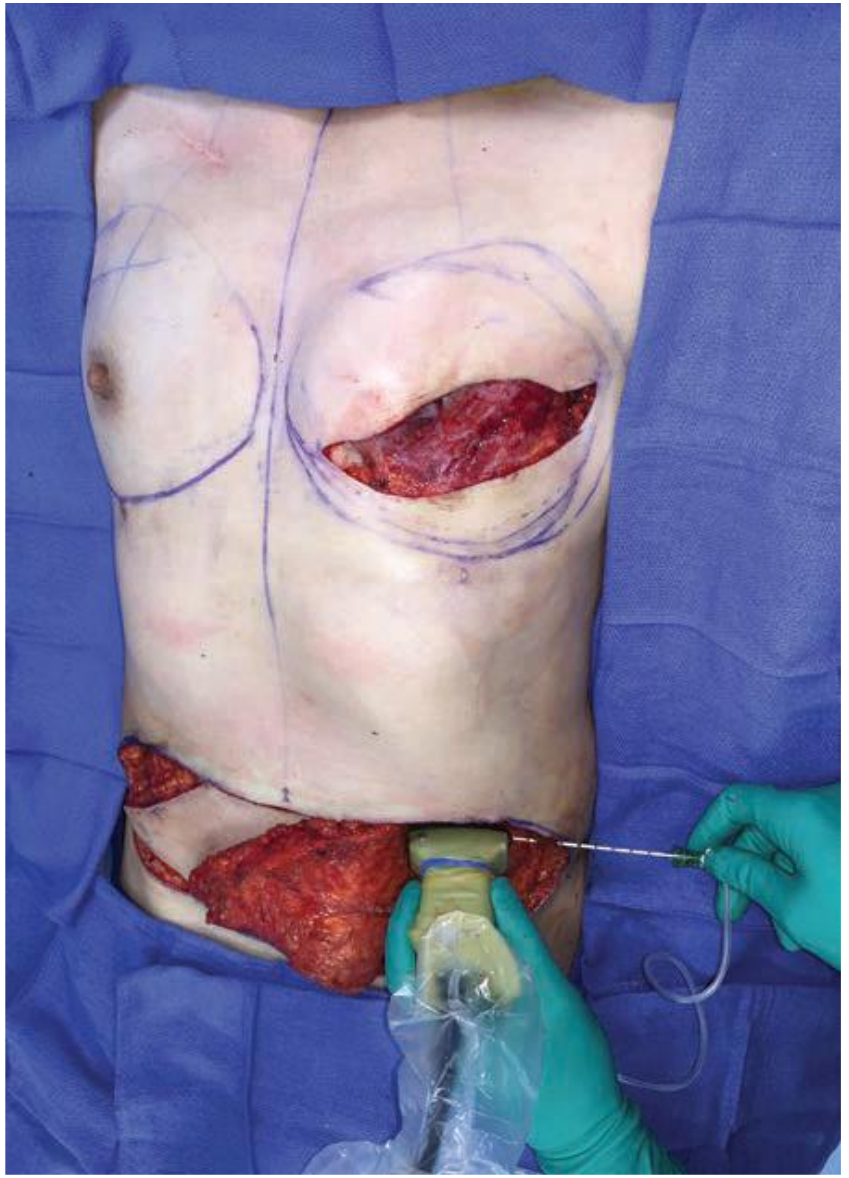
Transversus Abdominis Plane Blocks with Single-Dose Liposomal Bupivacaine in Conjunction with a Nonnarcotic Pain Regimen Help Reduce Length of Stay following Abdominally Based Microsurgical Breast Reconstruction

Eric M. Jablonka, M.D.
Andreas M. Lamelas, M.D.
Julie N. Kim, M.D.
Bianca Molina, M.D.

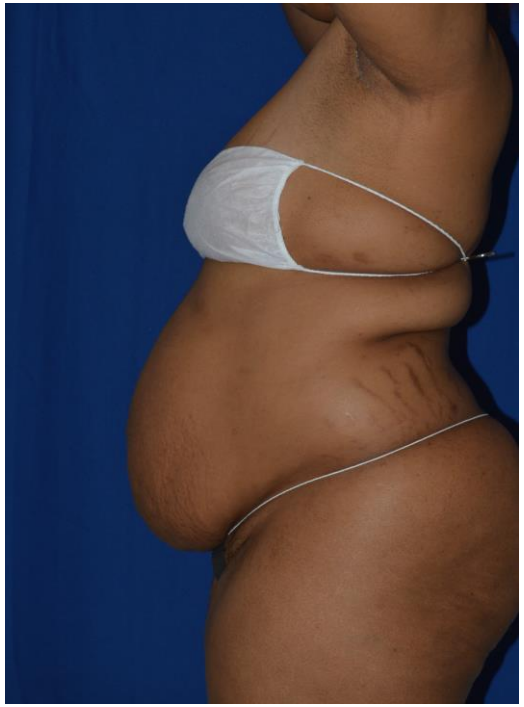
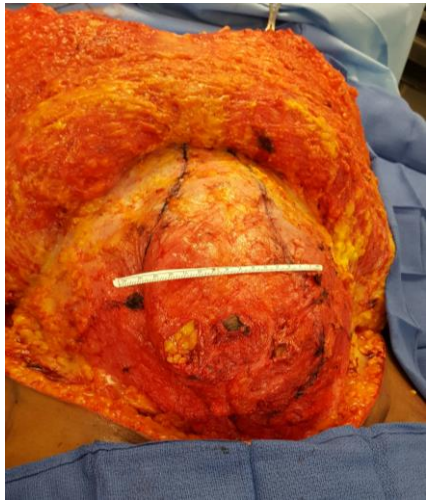
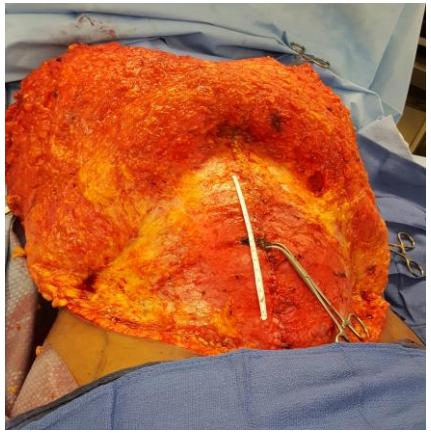
Background: Side effects associated with use of postoperative narcotics for pain control can delay recovery after abdominally based microsurgical breast reconstruction. The authors evaluated a nonnarcotic pain control regimen in conjunction with bilateral transversus abdominis plane blocks on facilitating early hospital discharge.

Intraoperative TAP Block





Abdominal Wall

Intraoperative TAP Block in Abdominoplasty

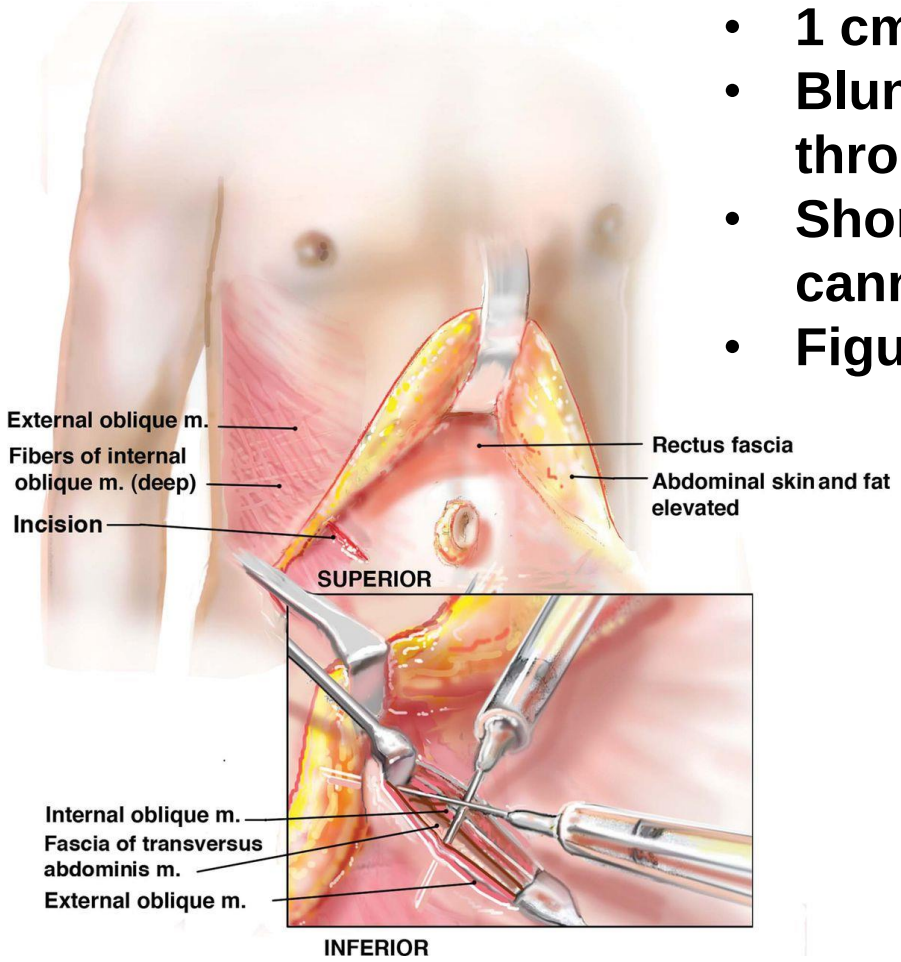
- 10 ml 0.5% bupivacaine 0.5% + 10 ml 1% lidocaine with Epi
- Reduced morphine requirement
- Earlier ambulation
- Lower pain scores

Transversus Abdominis Plane Block Anesthesia in Abdominoplasties

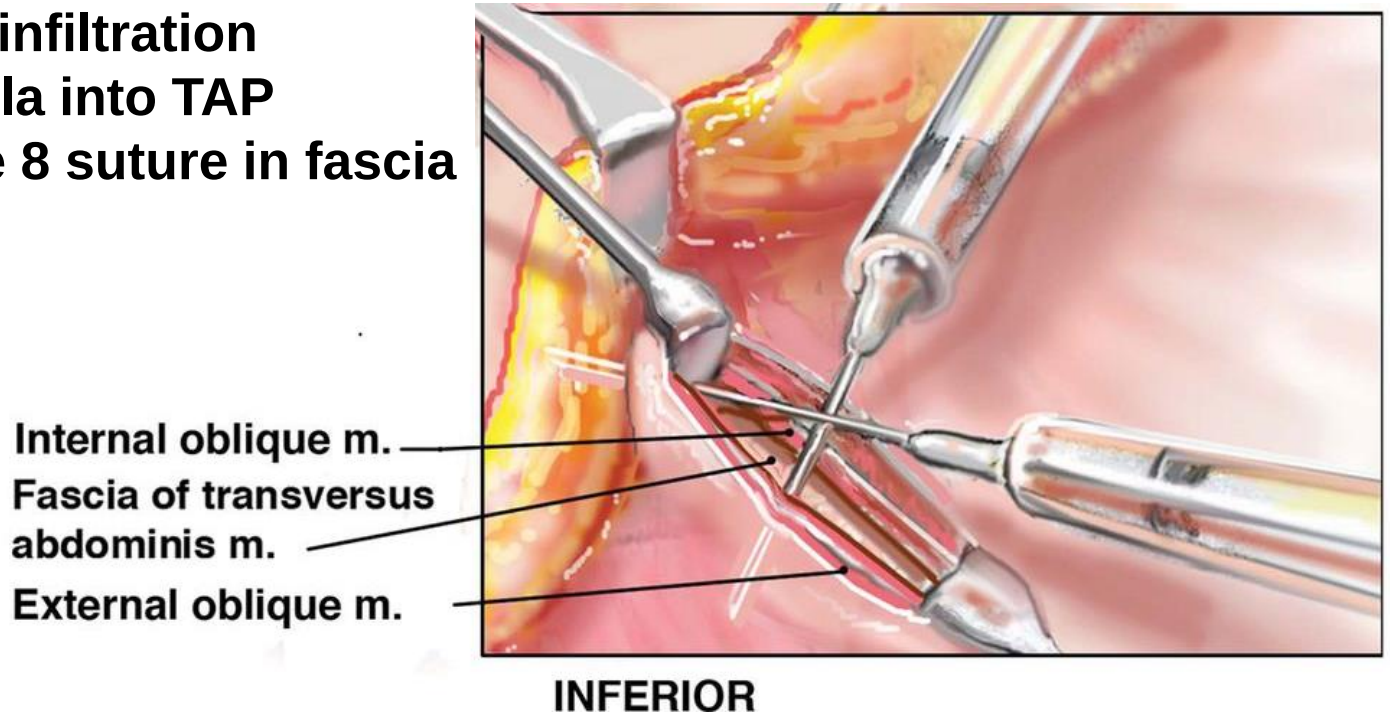
Marcos Sforza, M.D.
Katarina Andjelkov, M.D., M.S.
Renato Zaccheddu, M.D.
Hussein Nagi, M.D.
Miodrag Colic, M.D., Ph.D.

Background: The transversus abdominis plane block is a promising approach to the provision of postoperative analgesia following abdominal incision. This effective method blocks the sensory nerve supply to the anterior abdominal wall. The authors evaluated its analgesic efficacy over the first 12 postoperative hours after abdominoplasty with liposculpture in a randomized, controlled, double-blind clinical trial.

Transversus Abdominis Plane (TAP) Block

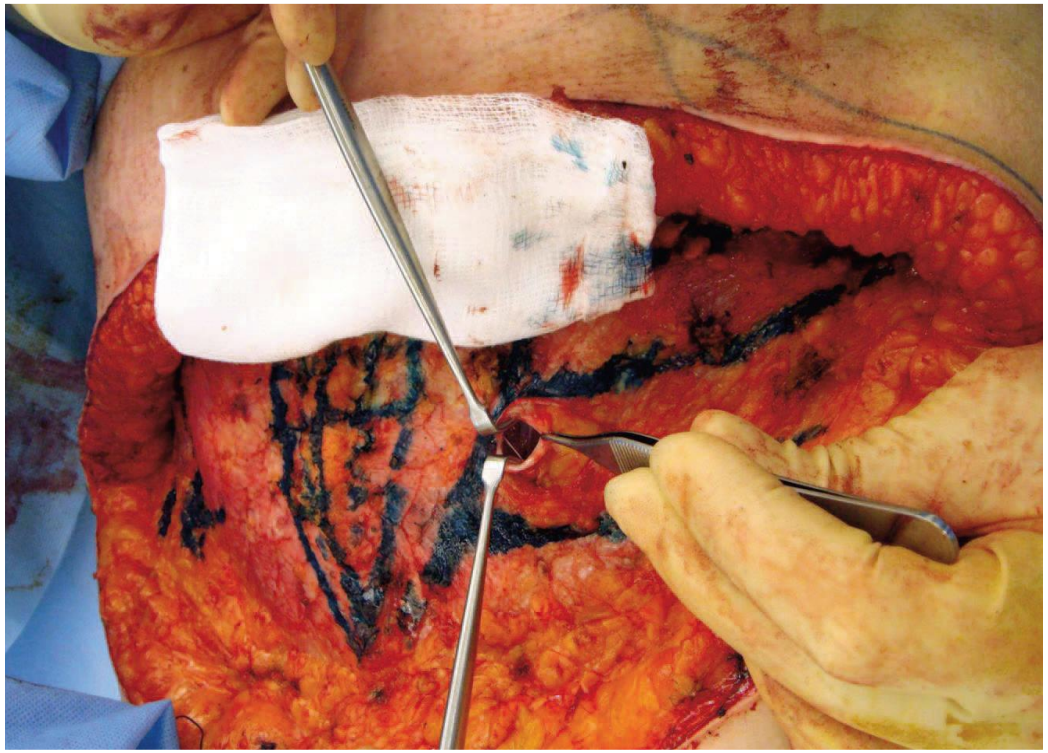


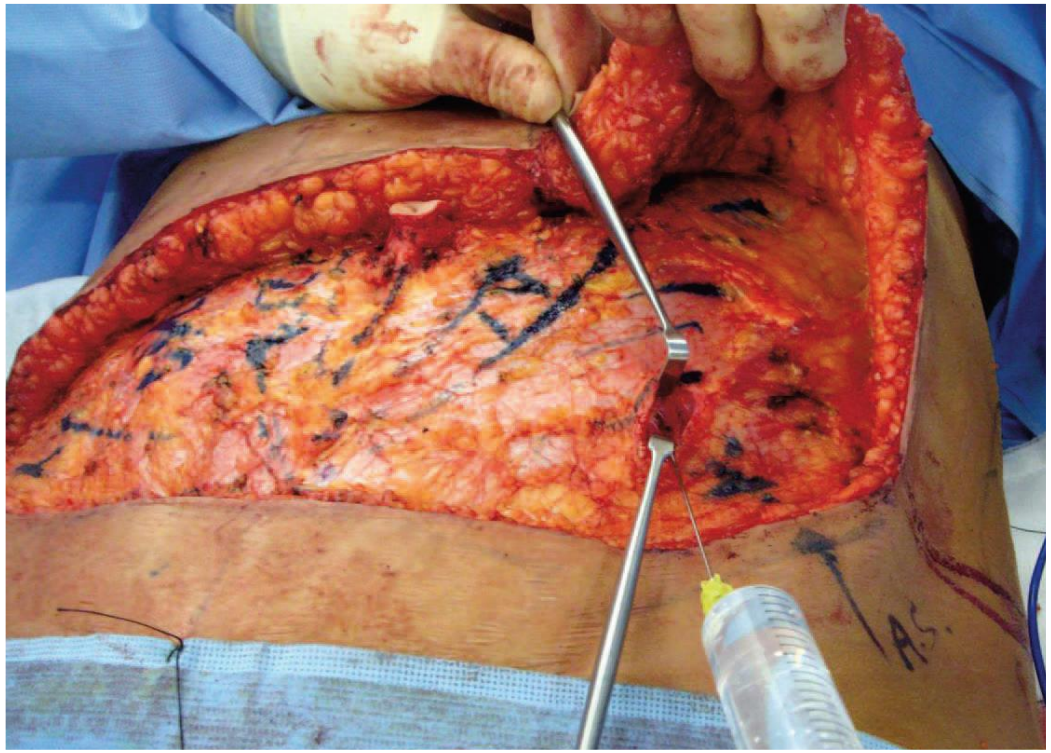
- **1 cm incision in facia**
- **Blunt dissection through EOM & IOM**
- **Short infiltration cannula into TAP**
- **Figure 8 suture in fascia**



Gutowski, PRS 2018

Intraoperative TAP Block





Gianpiero Gravante, PRS 2010

ERAS & TAP Block for AWR

- Intraoperative liposomal bupivacaine TAP block
  - Decreased postoperative pain
  - Fast bowel function recovery
  - Shorter hospital stay

Enhanced Recovery after Surgery Pathway for Abdominal Wall Reconstruction: Pilot Study and Preliminary Outcomes

Mojtaba Fayezizadeh, MD
Clayton C. Petro, MD
Michael J. Rosen, MD
Yuri W. Novitsky, MD

Cleveland, Ohio

Summary: Enhanced recovery after surgery (ERAS) pathways represent a multimodal approach to improve the quality of postoperative care by diminishing the stress response to the trauma of an operation, thereby minimizing hospital length of stay and potentially complications. At a time when healthcare costs are being intensely scrutinized, efforts to reduce patient morbidity and

NSAIDs Are Safe in Plastic Surgery

Time to dispel the myth of NSAIDs causing bleeding in breast & body cases

Ketorolac Does Not Increase Perioperative Bleeding: A Meta-Analysis of Randomized Controlled Trials

Ryan M. Gobble, M.D.
Han L. T. Hoang, M.D.
Bart Kachniarz, B.A.
Dennis P. Orgill, M.D., Ph.D.

Background: Postoperative pain control is essential for optimal patient outcomes. Ketorolac is an attractive alternative for achieving pain control postoperatively, but concerns over postoperative bleeding have limited its use.
Methods: Computer searches of the MEDLINE, EMBASE, and Cochrane Library databases were performed. Twenty-seven double-blind, randomized,

Ibuprofen May Not Increase Bleeding Risk in Plastic Surgery: A Systematic Review and Meta-Analysis

Brian P. Kelley, M.D.
Katelyn G. Bennett, M.D.
Kevin C. Chung, M.D., M.S.
Jeffrey H. Kozlow, M.D., M.S.

Background: Nonsteroidal antiinflammatory drugs such as ibuprofen are common medications with multiple useful effects, including pain relief and reduction of inflammation. However, surgeons commonly withhold all nonsteroidal antiinflammatory drugs perioperatively because of bleeding concerns. However, not all nonsteroidal antiinflammatory drugs irreversibly block platelet function. The authors hypothesized that the use of ibuprofen would have no

Team Effort with Anesthesiologist

- Seek out those who want to give a better patient experience
- Collaborate on ERAS protocols
- Give them patient feedback
- Learn from each other

Lipo-Abdominoplasty & Body Lift Protocol

- Gabapentin 300 mg PO (#40)
  - 600 mg at bedtime before surgery, then every 6 hrs x 3 to 5 days
- TAP or RS block
- SQ tumescent infiltration (500 mg lidocaine/L +epi)
- Ketorolac 30 mg IV during skin closure
- Acetaminophen 500 mg + NSAID of choice every 4 hr
- Oxycodone + acetaminophen (5/325 mg) as needed (#24)
- Ondansetron 4 mg ODT prn #4

Breast Protocol

- Gabapentin 300 mg PO (#40)
  - 600 mg at bedtime before surgery, then every 6 hrs x 3 to 5 days
- Lidocaine + epi & bupivacaine in all incisions
- Breast reduction or Mastopexy
  - Breast tissue tumescent infiltration (500 mg lidocaine/L +epi)
- Breast Augmentation
  - 5 cc 0.5% bupivacaine in each breast pocket
- Ketorolac 30 mg IV during skin closure
- Acetaminophen 500 mg + NSAID of choice every 4 hr
- Oxycodone + acetaminophen (5/325 mg) as needed (#24)
- Ondansetron 4 mg ODT prn #4

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Karol A Gutowski, MD, FACS

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