

Erector spinae plane block : new regional technique, new uses

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BACKGROUND

- Emergent regional anesthetic technique
- Initially → thoracic surgeries
- Now → More uses; even abdominal surgery
- Our experience → good results



New times,
new
knowledge

Keywords: Erector spinae plane block, regional anaesthesia, thoracic surgery, abdominal surgery, analgesia

Case report

- 8 thoracic surgeries + 2 abdominal surgeries
- Single puncture technique, echoguided
- Mixture of 1% mepivacaine with ropivacaine 0.5% 30 mL per side
- 9/10 satisfactory results
- 1 case → VAS 5 → morphine

- Less opioids
- Better rehabilitation
- Less risk postoperative pain



Discussion



- Target => locate T5 lateral process -> anesthetic in the depth of spinal erector muscle
- Muscle extends lumbar region → abdominal wall
- When epidural anesthesia is contraindicated
- Insert a catheter → anesthetic infusion → pump controlled by the patient
- Injectate volumen → spread

Conclusion

PRO • Simple, quick, low rate of complications, “without” contraindications

CON • New, little experience, need training, ecography knowledge

Possibly it's just the beginning → new uses are coming



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