Supraclavicular block for orthopedic ambulatory surgery humerus fracture using bupivacaine and lidocaine with dexamethasone

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Background and Aims:

Using one single shot of 40 ml of a mixture of bupivacaine 0.5%-20ml with lidocaine 2%-20ml with dexamethasone 8mg iv. The aim to provide a good analgesia for ambulatory orthopedic surgery for humerus fracture

Methods:

About 10 patients with an age between 18-68 years who had a non complicated humerus fracture. A pre-medication of midazolam 1mg iv with fentanyl 50 mcg iv was given before doing the block. Supraclavicular block was done with a mixture of bupivacaine 0.5 %-20 ml and lidocaine 2%-20 ml with dexamethasone 8 mg given intravenously. The operation consists of introducing an intramedullary implant or nailing.

Results

All patients were left on spontaneous respiration without adding any anesthetic agent. The operations were done within 20 to 40 minutes. Then all patients were in the recovery room for 15 min with an EVA <40 then transferred to the wards. After 2 hours they left home with no pain.

Conclusions

Supraclavicular block with a mixture of bupivacaine 0.5%-20 ml and lidocaine 2%-20 ml with dexamethasone 8 mg iv gives a good anesthetic and analgesic effect for ambulatory orthopedic surgery for humerus fracture.