



Single Injection TOE Analgesia Technique for TOE - Nail Surgical Procedures

**Dr A. P. SELVAM
MS**

ASSOCIATE PROFESSOR, DEPT OF SURGRY. ACS MEDICAL COLLEGE & HOSPITAL, CHENNAI

Dr S. RAMA MD

ASSOCIATE PROFESSOR, DEPT OF ANAESTHESIA. ACS MEDICAL COLLEGE & HOSPITAL, CHENNAI

**Prof Dr K.
LOGANATHAN MS**

PROFESSOR, DEPT OF SURGRY. ACS MEDICAL COLLEGE & HOSPITAL, CHENNAI

KEYWORDS : TOE ANALGESIA & TOE NAIL SURGERY

INTRODUCTION:

Injury, infection and in growing nails are the frequent reasons for toe nail surgeries. Till now toe analgesia is being given through combinations of any of-- web space approach or lateral approach or dorsal approach to block the pain sensation of the whole toe. Based on the observation –“Each proper digital nerve has dorsal cutaneous branch which supplies structures around the nail” (Ref- Gray's Anatomy : The Anatomical Basis Of Clinical Practise : fortieth edition: page number 1457) this innovative Single Injection toe block technique for toenail surgical procedures is successfully designed.

Materials and methods:

This procedure was done at ACS Medical College Hospital, Chennai. One hundred patients who were in need of toe nail surgical procedure (18—68 years) were counseled for this innovative technique and their consent taken. They were checked for allergic reactions against Lignocaine. In this technique of toe block after preparing the foot, 1—2 ml of 2% lignocaine was injected over the midline of the toe at metatarsophalangeal joint level in the plane just superficial to the fibrous flexor sheath of the toe on the plantar aspect. After waiting for 10 seconds, the sensation of the toe tip and peri ungual region were checked for initiation of the analgesia and the complete analgesia. After achieving the complete analgesia the planned surgical procedure was done.

Results:

This technique all the toe blocks were successful and 100% effective. The analgesia started after 15 seconds to 85 seconds. Complete analgesia was achieved in 25—172 seconds.

Conclusion:

This technique has the following advantages.

- Single injection
- Simple and safe
- 100% effective for toe nail procedures

References:

1. Arora and Menchine in Herbert (2013) EM: Rap 13(12): 11
2. Mandracchia (July, 1998) Hospital Medicine p.36-43
3. Mortiere (1996) wound management, PFP Printing p. 31-33
4. Latham (2014) Am Fam Physician 89(12): 956-62(Pubmed)
5. Gray's Anatomy : The Anatomical Basis Of Clinical Practise : fortieth edition: page number 1457.