Surgery

Susmit

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CABG

Investigations for IHD

- ECG (first line)
- Cardiac enzymes (in acute coronary syndrome)
- Exercise tolerance test
- Echo: Evaluate
 - ventricular function
 - regional wall motion abnormalities
 - valvular lesions
- Coronary angiography: gold std
 - Extent, severity and location of stenoses
 - 70% reduction of diameter (i.e. >90% reduction of cross-sec) => severe

Indications for surgery

- 50% stenosis of the left coronary artery ("left main stem")
- 50% stenosis of the proximal LAD
- 2/3 main coronary arteries diseased (RCA, LAD, LCx)

Graft selection

Types

• Venous: long saphenous vein

• Arterial:

- LIMA most common
 - * left internal mammary / left internal thoracic artery
 - * Branch of $left\ subclavian$
- Others
 - * RIMA
 - * Radial
 - $* \ Gastroepiploic \\$
 - * Inf epigastric

Blood transfusion

Indications

- Acute blood loss
- Periop anaemia
- Symptomatic chronic anaemia

Complications

Single transfusion

- Haemolysis (haemolytic transfusion reaction)
- Fever (febrile transfusion reaction)
- Allergic reaction
- Infections
 - Hep B, C
 - HIV
 - Malaria
 - Bacterial inf
- Air embolism
- Thrombophlebitis
- TRALI

Massive transfusion

- Coagulopathy
- Hypothermia
- Hypo-Ca

- Нуро-К
- Hyper-K

Blood & blood products

- Whole blood
- Components
 - Packed red cells
 - FFP
 - * Plasma stored at -40 to -50°C
 - * Rich in coaquiation factors
 - * 2y shelf-life
 - Cryoprecipitate
 - * Supernatant of FFP
 - * Rich in <u>factor VIII</u>, <u>fibrinogen</u>, and <u>vWF</u> (von Willebrand factor)
 - · Without vWF, factor VIII has a very low half life. So normally in blood it's transported bound to vWF.
 - * Stored at -30° C
 - * Indications:
 - · Haemophilia
 - · Fibrinogen deficiency
 - · Von Willebrand disease
 - Platelet concentrate
 - Prothrombin complex concentrate

Clinical factoids

- Target Hb level: 10g/dL• 1 unit transfusion = 1g/dL improvement

Burns

Mechanism of fluid loss

Intense inflammation in burnt areas $\to \uparrow$ permeability \to leakage of fluid into extravascular compartment

Assessment

- Rule of 9:
 - First approx
 - Adult
 - * Head-neck $\rightarrow 9\%$
 - * Each upper limb $\rightarrow 9\%$
 - * Torso front 18%
 - * Torso back 18%
 - * Each lower limb 18%
 - * Perineum 1%
- Lund and Browder chart
 - More accurate
- For smaller burns, a piece of paper about the size of the hand to measure the burnt area directly. Size of hand $\approx 1\%$.

Fluid resuscitation

Indications

• If >10% TBSA in children or >15% TBSA in adults (B&L)

- To correct hypovolaemia
- " " electrolyte imbalance
- To prevent shock
- To provide nutrition

Principles

- Parkland formula: $4 \cdot W \cdot A$ mL fluid for the 1st 24h
 - Infuse $\frac{1}{2}$ over 8h, $\frac{1}{2}$ over 16h
- First $12h \rightarrow \text{crystalloid}$ only (massive fluid shift to extravascular compartment takes protein out with it)
- Then add colloid (human albumin solution)
 - Provides necessary oncotic pressure for keeping infused fluid within the vascular compartment

Definitive management

Superficial partial-thickness burns

- Regular dressing
- Heal spontaneously within 2 wks without scar irrespective of choice of dressing

Deep partial-thickness/full-thickness burns

- Nanocrystalline silver dressing until surgery (to prevent colonisation)
- Escharotomy for circumferential full-thickness burns
- Debridement + split-skin grafting

• Without surgery, heal by hypertrophic scarring

Nanocrystalline silver dressing

- 1% silver sulfadiazine
- 0.5% silver nitrate
- Mafenide nitrate
- \bullet Silver sulfadiazine + cerium nitrate

Grafts and Flaps

Graft

- Tissue transferred without its original blood supply
- Need to revascularise in recipient site

Types of skin graft

- Split-thickness skin graft: epidermis + part of dermis
- Full-thickness skin graft: epidermis + whole dermis
- Composite skin graft: skin + cartilage, skin + fat etc.

Flap

• Tissue transferred with its original blood supply

Causes of graft failure

- Inadequate vascularity of recipient site: due to
 - residual pus
 - residual exudate
 - residual dead tissue
- Haematoma
- Shearing forces
- Group A β -haemolytic streptococcal infection
 - can destroy grafts completely
 - hence, contraindication to grafting

Important anticancer drugs

- Mitosis interferers
 - 1. Vincristine
 - 2. Vinblastine
 - 3. Taxanes (e.g. Paclitaxel)
- Antimetabolites (i.e. DNA synthesis inhibitors)
 - 1. Methotrexate
 - 2. 5-FU

• DNA damagers

- 1. Platinum drugs
 - Cisplatin
 - Carboplatin
 - Oxaloplatin
- 2. Cyclophosphamide
- 3. Bleomycin
- 4. Doxorubicin
- 5. Etoposide

Hormones

- 1. Tamoxifen: ER blocker (Breast ca)
- 2. Goserelin: GnRH analogue; downregulate ant. pituitary

 → ↓ testosterone (Prostate ca)
- 3. Flutamide: Androgen antagonist (Prostate ca)
- 4. Bromocriptine: D2 agonist; blocks ant. pituitary stimul (Pituitary tumour)

Deadly Dozen and ATLS

"Deadly dozen" of chest injury

Immediately life threatening

Manage in 1° survey

- Airway obstruction
- Tension pneumo
- Open pneumo
- Massive haemothorax
- Flail chest
- Pericardial tamponade

Potentially life threatening

Manage in 2° survey

- Tracheobronchial injury
- Oesophageal injury
- Aortic injury
- Myocardial contusion
- Pulmonary contusion
- Diaphragm rupture

Lung cancer

Types

- Non-small cell (NSCLC)
 - Squamous
 - Adeno
 - Large cell
 - Carcinoid
- Small cell (SCLC)

Features

- Cough (esp. changing cough)
- Dyspnoea
- Haemoptysis
- Wt loss
- Chest pain
- Clubbing
- Pancoast \rightarrow compress sympathetic trunk \rightarrow *Horner's*
 - Miosis
 - Enophthalmos
 - Anhidrosis
 - Partial ptosis
- Paraneoplastic features (SCLC)
 - SIADH
 - Cushing
 - Lambert-Eaton

Investigations

Diagnostic

- Chest X-ray
- Chest CT
- Sputum cytology
- Bronchoscopy + biopsy
- PET-CT

Staging

- USG whole abdomen
- X-ray skull
- Bone scintigraphy (aka isotope bone scan)
- Pleural fluid cytology (if effusion)

Treatment

- If NSCLC && within T3 N1 M0
 - Surgery: Choice depends on extent of pathology
 - 1. Segmentectomy
 - 2. Lobectomy
 - 3. Pneumonectomy
 - Chemo:
 - 1. Platins
 - 2. Gemcitabine
 - Radio
- Else (i.e. SCLC and > T3N1M0 NSCLC)

- Palliative therapy
- Surgery not helpful
- Median survival: a few months

Orthopaedics

Orthopaedic emergencies

Open DESC

- Open fracture
- Dislocation
 - Because dislocation ⇒ ruptured synovial membrane ⇒ stoppage of synovial fluid production ⇒ articular cartilage, which has no blood supply and derives nutrition from synoFlu, eventually dies ⇒ waiting too long can lead to permanent joint immobility
- Epiphyseal injury
- Septic arthritis
- Compartment syndrome

Osteomyelitis

Types

According to duration, acute and chronic.

Acute

■ Causative organisms

- \bullet Staph aureus
- Strep pyogenes
- Strep pneumo (pneumococcus)
- Salmonella
- Pseudomonas

■ Clinical features

- Severe pain
- Tenderness
- Restricted movement
- Raised local temperature
- Fever (high grade)
- Tachycardia

■ Radiology

- Early phase
 - MRI: more sensitive in early phase
 - * bone oedema

- * periosteal elevation
- X-ray:
 - * may be normal
 - * soft tissue swelling
- 5-7d later
 - X-ray:
 - * osteopoenia
 - * periosteal new bone formation

Chronic

■ Causative organisms

- TB (*Myco TB*)
- Syphilis (Trepo pallidum)
- Fungal
- Parasitic

■ Clinical features

- Chronic discharging sinus
- Pieces of bone may come out through the sinus
- Joint swelling, stiffness
- May be past history of acute osteomyelitis
- May be recurrent pain, fever, swelling (acute on chronic)
- Sequestrum A segment of bone that is
 - Devitalised

- Avascular
- Surrounded by pus/granulation tissue

• Involucrum

- Subperiosteal bone deposition surrounding the sequestrum.
- Purpose: walling off the sequestrum
- Cloaca: opening in involucrum due to rising pressure of the pus underneath

■ Radiology

- Bony destruction
- Surrounding soft tissue swelling
- Sequestrum
- Subperiosteal reaction (involucrum)
- Management Sequestrectomy and saucerization followed by antibiotic therapy for 6 wks according to C/S report of pus

Complications of osteomyelitis

- Chronic osteomyelitis (if acute)
- Deformity
- Pathological fractures
- Septic arthritis
- Septicaemia

Congenital clubfoot / talipes equinovarus

Terminology

- Talipes = clubfoot
- Equinus deformity \Rightarrow dorsiflexed foot
- Varus deformity \Rightarrow plantar surface turned *inwards* (in-verted)
- Valgus deformity \Rightarrow plantar surface turned *outwards* (e-verted)

Deformities in Congenital Clubfoot

CAVE

- Forefoot Cavus
- Midfoot Adductus
- Hindfoot
 - Varus
 - Equinus

Treatment

- Conservative: Ignacio Ponceti method
 - Serial plastering over 6 wks to correct deformities
- Surgical: PMR (postero-medial release)
 - If conservative fails

Low Back Pain (LBP)

Causes

- Strenuous work
- Primary Back Pathologies
 - Spondylosis: degenerative arthritis of the spine
 - Spondylolysis: defect in pars interarticularis without slippage
 - Spondylolisthesis: forward slippage of vertebral body
 - Lumbar disc herniation
 - Spinal stenosis: narrowed spinal canal \rightarrow compression of spinal cord/nerve roots
 - Fractures
 - Cauda equina syndrome
 - * Compression of cauda equina nerve roots
 - * Most freq cause \Rightarrow lumbar disc protrusion at L4/5
 - Scoliosis
 - Discitis

• Infections

- Epidural abscess
- Pott's disease

• Metastatic disease

- Sources:
 - * Thyroid
 - * Breast

- * Lung
- * Kidneys
- * Prostate

• Autoimmune conditions

- Ankylosing spondylitis

Investigations

- Plain X-rays
- CT: Best for assessing bone anatomy
- MRI: Detailed visualization of
 - Spinal cord
 - Meninges
 - Epidural space
 - Discs
 - Nerve roots
 - Bone marrow
- Bone scintigraphy
- DEXA (dual energy x-ray absorptiometry) scan: measure bone density
- Provocative discography
- Spinal biopsy

Breast cancer

Aetiology

- Age
- Sex
- Genetic: family history (BRCA1, BRCA2, TP53)
- Geographic: † in West
- Diet:
 - Low in phytoestrogens
 - High in alcohol
- *Endocrine*: due to less exposure to *oestradiol*
 - More in
 - $*\ \textit{Nullipara}$
 - * Obese: fat converts steroid hormones to oestradiol
 - * OCP/HRT users
 - * Early menarche
 - * Late menopause
 - Less in
 - * Breastfeeders
 - * First child at early age

Features

- Hard lump (painful in <10%)
- Nipple discharge
- Nipple retraction
- In advanced,

- Peau d'Orange ($\geq T_3$): due to lymphatic congestion
- Ulceration ($\geq T_3$)
- Fixation to chest wall ($\geq T_3$)
- Palpable axillary nodes ($\geq N_1$)
- Constitutional
 - Wt loss
 - Anaemia
 - Anorexia

Staging

- 1. TNM
- 2. Manchester (i, ii, iii, iv)

TNM

- T: Tumour size
 - -1: < 2cm
 - 2: 2-5cm
 - 3: 5-10cm
 - -4:>10cm
- N: Nodal involvement
 - 0: No palpable axillary nodes
 - 1: Mobile palpable axillary nodes
 - 2: Fixed palpable axillary nodes
 - 3: Palpable supraclavicular nodes
- M:

- 0: No distant mets
- 1: Distant mets

Manchester

- Stg-I = $T_1N_0M_0$
- \mathbf{Stg} - $\mathbf{II} = \mathbf{T}_2\mathbf{N}_1\mathbf{M}_0$
- Stg-IIIa = $T_3N_2M_0$
- Stg-IIIb = $T_4N_3M_0$
- $\mathbf{Stg}\text{-}\mathbf{IV} = M_1$ (irrespective of T and N stage)

Treatment

Options

- Surgery
 - Conservative
 - * Lumpectomy
 - * Quadrantectomy
 - * Oncoplastic lumpectomy (lumpectomy + reconstruction to restore normal appearance)
 - Mastectomy
 - * Simple
 - * Radical
 - * Modified radical mastectomy (MRM = simple + axillary node dissection)
- Chemo
- Radio
- Hormone: tamoxifen
- Immuno: herceptin (trastuzumab)

Protocol

- Stg-i: conservative surgery
- Stg-ii:
 - MRM + chemo + horm (if ER+) + immuno (if HER+)
- Stg-iii:
 - Neoadjuvant chemo 2-3 cycles to downstage
 - Then mx of stg-ii
- Stg-iv:
 - Palliative
 - Toilet mastectomy + chemo + radio + horm + immuno

Random-ish general surgery concepts

Sepsis, SIRS, MODS, MSOF

- SIRS (Systemic inflammatory response syndrome)
 - Any two of
 - Hyperthermia (>38°C) or hypothermia (<36°C)
 - Tachycardia or tachypnoea
 - Leucocytosis or leucopoenia
 - Causes
 - Sepsis
 - Polytrauma
 - Burns
 - Pancreatitis without infection

■ Sepsis

- SIRS + documented infection
- MODS (Multiple organ dysfunction syndrome)
 - Systemic effect of SIRS
- MSOF (Multiple system organ failure)
 - End stage of uncontrolled MODS
 - Includes

- Heart failure
- Liver ""
- Pulmonary ""
- Shock

Haemorrhage

- 1°: Occurs immediately due to injury/surgery.
- Reactionary: Within 24h
 - Due to
 - dislodgement of clot as a result of resuscitation and blood flow restoration
 - slippage of ligature
- 2°: Within 7-14d
 - Due to sloughing off of vessel wall
 - Precipitated by
 - * Infection
 - * Pressure necrosis
 - * Cancer
- Principles of haemorrhage control
 - Pressure
 - Position (elevation in case of limb)
 - Packing

- Cautery (diathermy)
- Ligation

Incisions in abdominal surgery

■ Upper midline

- $\boxed{\text{xiphoid}} \rightarrow \boxed{\text{umbilicus}}$
- Structures cut
 - Skin
 - Subcutaneous tissue
 - Linea alba
 - Fascia transversalis
 - Parietal peritoneum
- Advantages
 - Rapid
 - Less vascular area \Rightarrow less bleeding
- Disadvantages
 - Less vascular area \Rightarrow heals late
 - \uparrow wound dehiscence, incisional hernia

■ Kocher / right subcostal

- From xiphoid, start cutting 2.5cm below parallelly to the costal margin
- Keep cutting till cut length = 10cm
- Structures cut: ???
- Use: gallbladder surgeries, rt hepatic lobectomy

■ Pfannenstiel

- Curved, 2.5cm above and parallel to the arch made by inguinal ligaments, extend equally on both sides of the midline
- Done in
 - Caesarean section
 - Prostatectomy
 - Bladder surgery

Vascular surgery

Deep Vein Thrombosis (DVT)

Formation of semisolid coagulum in a deep vein.

Virchow's triad

- Abnormal surface (endothelial damage)
- Abnormal flow (stasis / turbulence)
- Abnormal blood (thrombophilia)

Factors

- Immobility
 - Age
 - Obesity
 - Prolonged surgery
 - Pregnancy
 - Puerperium
 - Varicosity (effect of immobility, the rest are causes)
- Hormone-replacement therapy (high oestrogen)
- Previous DVT / PE
- Thrombophilia

Common sites

- Popliteal vein
- Femoral ""
- Iliac ""

Prevention

- Early mobilization
- Hydration
- Compression stockings
- Prophylactic LMW heparin
- Calf pumps
- Minimal use of tourniquets

Ischaemic limb

(Ischaemia = reduced blood flow, NOT cell death)

Features

• Intermittent claudication

- Debilitating crampy myalgia that is
 - * reliably brought on by walking
 - * not present on taking the first step
 - * reliably relieved by rest
- Raised workload while walking \rightarrow anaerobic metabolism \rightarrow intermittent claudication

• Rest pain

- Advanced ischaemia
- Anaerobic metabolism occurring even at rest
- Exacerbated by lying down / foot elevation (due to loss of gravitational aid in flow) \rightarrow pain worse at night and relieved by hanging the foot out of the bed.
- Coldness, numbness, paraesthesia, colour change
- Ulceration
- Gangrene
- Absent/diminished arterial pulse
- Arterial bruit
- Slow capillary refill

Investigations

■ Specific

- Doppler USG
- Duplex scan:
 - Duplex = plain USG + doppler
 - Plain USG shows anatomy, doppler shows flow patterns
- Digital subtraction angiography
- CT angiography, MR angiography

■ General

- CBC (see if anaemia)
- RBS
- Lipid profile
- Serum urea and electrolytes

Treatment

■ Non-surgical

- Smoking cessation
- Regular exercise
- Wt loss if obese
- Drugs
 - Beta blocker contraindicated: as sympathetic increases blood flow to muscles
 - Statin
 - Clopidogrel/aspirin
- Angioplasty with/without stenting

- Surgical
 - Bypass operation

Varicose veins

Management principles

- Avoid prolonged standing
- Compression stockings
- Endothermal ablation
 - Laser ablation
 - Radiofrequency ablation
- US-guided sclerotherapy
 - Sclerosing agent: sodium tetradecyl sulfate
- Open surgery
 - Sapheno-femoral junction (SFJ) ligation + great saphenous vein (GSV) stripping (*Trendelenburg operation*)

Splenectomy

Indications

(Indications marked with \star are absolute indications)

- Traumatic rupture *
- Splenic tumours (primary or secondary) *
- Bleeding varices due to splenic vein thrombosis \star
- Hereditary spherocytosis \star
- Splenic abscess
- Hypersplenism
 - Hypersplenism = splenomegaly + any cytopoenia(s) + improvement of symptoms after splenectomy
- ITP
- Thalassaemia major

Urology

Renal stones

Features

- Asymptomatic
- Ureteric colic: $loin \rightarrow groin$
- Renal pain: dull loin pain
- Haematuria
- Features of UTI, e.g.:
 - Frequency: too frequent voiding
 - Urgency: sudden compelling desire to urinate
 - Dysuria: burning pain during urination
 - Features of pyelonephritis (if ascending infection), e.g.:
 - * Fever with chills
 - * Vomiting
 - * Renal angle tenderness
 - * Rigidity, guarding

Investigations

- X-ray KUB, IVU
- USG KUB
- CT KUB
- Urine RME, culture

Treatment

• Assess size of stone by USG/CT

• Small (\leq 5mm):

- Conservative management
- 90% pass spontaneously
- Drink plenty of water
- Analgesics, antispasmodics
- Antiemetics
- Mobility

• > 5mm:

- ESWL
 - * for ≤ 1.5 cm stones
 - * cystine stones resistant
 - * results in *steinstrasse* ("stone street")
 - * contra
 - · obese
 - · pregnant
 - · patients on oral anticoagulants
- Ureteroscopy + retrieval by Dormia basket: for <6mm stones in distal ureter
- PCNL
 - * for larger stones / ESWL contraindications / ESWL resistant stones
- Open surgeries: depending on location of stone
 - * Nephrolithotomy
 - * Pyelolithotomy
 - * Ureterolithotomy

Bladder stones

Features

- 8x more common in males
- Asymptomatic
- Frequency
- Sense of incomplete voiding
- Pain (strangury)
 - at the end of micturition
 - referred to the tip of the penis or the labia majora
- Haematuria: terminal, few drops, bright red

Investigations: usual

Treatment

- Perurethral litholapaxy
- Percutaneous suprapubic litholapaxy
- Suprapubic cystolithotomy

Ruptured urethra

Features

- Perineal bruising & haematoma
- Bleeding from urethral meatus
- Urinary retention
- Pain

Investigations

Confirmed by **urethrography** with water-soluble contrast

• Urethrogram = insert catheter upto urethral meatus, then inject contrast and image with x-rays

Management

- Antibiotics
- Analgesics
- Catheterisation by percutaneous suprapubic puncture (Seldinger technique)
- After bruising and swelling have setted (8-12wks later), delayed anastomotic urethroplasty.

Bladder cancer

Painless haematuria in 60yo male

4T

- Tumours
 - Painless gross haematuria, until proved otherwise, is bladder cancer
- TB
- Tension (hypertensive nephropathy)
- Tubular necrosis (ATN)

Features

- Painless gross haematuria
 - may lead to large clots in the bladder \rightarrow clot retention
- Frequency
- Pain may arise in later stages due to
 - extravesical spread
 - pyelonephritis

Investigations

- Urine culture and cytology for malignant cells
- Hb, urea, electrolytes
- CT, MRI, USG, IVU
- $\bullet \quad Cy stour ethroscopy$

Treatment

- Non-muscle invasive tumour: (does not invade the detrusor)
 - Endoscopic resection followed by intravesical BCG chemotherapy
- Muscle-invasive tumour
 - External beam radiotherapy
 - Surgery
 - * Partial cystectomy
 - * Radical cystectomy and pelvic lymphadenectomy