



# A Novel Technique for Administering Hamstring Donor-Site Analgesia during Anterior Cruciate Ligament Reconstruction

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## Clinical Image

Postoperative pain following anterior cruciate ligament reconstruction can be mitigated by delivery of local anesthetic along the hamstring harvest bed [1]. Initially described using an arthroscopic shaver sleeve to deliver the anesthetic, subsequent techniques have described using suction catheter tubing [2,3]. However, the flexibility of suction tubing can cause problems advancing it along the harvest bed. We describe a novel technique for administering local anesthetic to the hamstring donor-site. A sterile packed anesthetic bougie (Cook Medical LLC, Bloomington, USA) (Figure 1) is opened and kept sterile. The proximal end is cut to accommodate a 20 ml Luer slip-type syringe containing 0.25% Chirocaine (Figure 2). The rigidity of the bougie aids passage along the tract of the hamstring donor-site and the local anesthetic is injected as the bougie is withdrawn. Patients have improved post-operative pain as expected from local anesthetic delivery along the hamstring harvest site [1]. However the stiffness of the anesthetic bougie reduces difficulty passing it along the hamstring bed and minimizes operative time to complete this important step.

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Figure 1: Sterile packed anesthetic bougie.

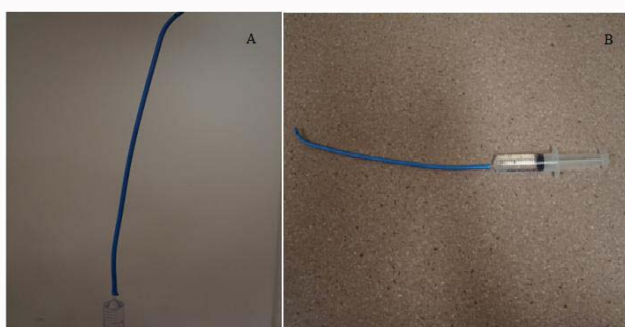


Figure 2: Anesthetic bougie cut proximally and attached to Luer slip-type syringe containing local anesthetic.

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