

Wide Awake Hand Surgery Donna M Orange

Hand surgery is a complex and specialized field of medicine that requires a deep understanding of anatomy, physiology, and surgical techniques. In recent years, there has been a growing trend towards performing hand surgery under local anesthesia, known as wide awake hand surgery (WAHS). This approach offers numerous benefits over traditional general anesthesia, including reduced pain, faster recovery times, and lower risks.

Donna Orange, MD, is a renowned hand surgeon who has pioneered the use of WAHS. She has developed innovative techniques and protocols that have made this approach safer and more effective for a wide range of hand conditions. In this comprehensive guide, we will explore the benefits, risks, and considerations of WAHS, as well as the unique approach employed by Dr. Donna Orange.

Benefits of Wide Awake Hand Surgery

WAHS offers several advantages over traditional general anesthesia:



Wide Awake Hand Surgery by Donna M. Orange

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Reduced Pain: Local anesthesia numbs the surgical site, eliminating pain during the procedure. Patients are typically able to return home shortly after surgery with minimal discomfort.

Faster Recovery Time: WAHS allows patients to recover more quickly because they are not groggy or nauseous from general anesthesia. Most patients can resume normal activities within a few days.

Lower Risks: WAHS avoids the risks associated with general anesthesia, such as respiratory depression, cardiac arrest, and allergic reactions.

Enhanced Safety: Patients are conscious and alert during WAHS, which allows them to communicate with the surgeon and provide feedback throughout the procedure. This enhances the safety and accuracy of the surgery.

Donna Orange's Approach to WAHS

Dr. Donna Orange has developed a unique approach to WAHS that emphasizes patient comfort and safety. She uses a combination of local anesthesia techniques, nerve blocks, and sedation to ensure that patients are pain-free during the procedure.

One of the key aspects of Dr. Orange's approach is her use of a "no-tourniquet" technique. This involves avoiding the use of a tourniquet, which is a device used to restrict blood flow to the surgical site. Dr. Orange believes that this technique reduces pain and swelling after surgery.

Dr. Orange also places a strong emphasis on patient education and informed consent. She takes the time to explain the procedure in detail and answer any questions that patients may have. This helps to build trust and confidence, which is essential for a successful WAHS experience.

Conditions Treated by Wide Awake Hand Surgery

WAHS is a versatile approach that can be used to treat a wide range of hand conditions, including:

- Carpal tunnel syndrome
- Trigger finger
- De Quervain's tenosynovitis
- Dupuytren's contracture
- Ganglion cysts
- Wrist fractures
- Tendon injuries
- Nerve injuries

Preparation for Wide Awake Hand Surgery

Before WAHS, patients typically undergo a preoperative assessment with Dr. Orange. During this assessment, she will review your medical history, perform a physical examination, and discuss the procedure in detail.

Patients are advised to follow the following preoperative instructions:

- Fast for 8 hours before the surgery.

- Drink plenty of fluids before and after the surgery.
- Avoid taking blood thinners or aspirin before the surgery.
- Inform Dr. Orange of any allergies or medications you are taking.

Procedure for Wide Awake Hand Surgery

On the day of surgery, patients arrive at the clinic and are escorted to the operating room. They are positioned on the operating table and given intravenous sedation to help them relax.

Dr. Orange then injects local anesthesia around the surgical site. She uses a combination of techniques to ensure that the area is completely numb. A nerve block may also be used to block pain signals from traveling up the arm.

Once the area is numb, Dr. Orange makes a small incision and performs the necessary repairs. She uses a magnifying loupe to enhance her vision and ensure the highest level of precision.

Throughout the procedure, Dr. Orange monitors the patient's comfort level and makes adjustments to the anesthesia as needed. Patients are free to communicate with Dr. Orange at any time and provide feedback on their pain levels.

Post-Operative Care for Wide Awake Hand Surgery

After surgery, patients are typically discharged home with minimal pain. They are given instructions on how to care for the incision and manage any discomfort.

Most patients can resume normal activities within a few days. However, it is important to follow Dr. Orange's instructions carefully and avoid strenuous activity that could compromise the healing process.

Recovery from Wide Awake Hand Surgery

Most patients recover quickly from WAHS. The incision typically heals within a few weeks, and full function of the hand is usually restored within a few months.

Regular follow-up appointments with Dr. Orange are essential to monitor the healing process and ensure optimal outcomes. Physical therapy may also be recommended to help restore strength and range of motion.

Risks and Complications of Wide Awake Hand Surgery

WAHS is generally a safe procedure with low risks of complications. However, as with any surgical procedure, there are potential risks, including:

- Infection
- Bleeding
- Nerve damage
- Pain
- Stiffness
- Reaction to anesthesia

The risk of these complications is minimized by Dr. Orange's experience and expertise. She takes all necessary precautions to ensure the safety

and well-being of her patients.

Wide awake hand surgery is a safe and effective approach to a wide range of hand conditions. It offers numerous benefits over traditional general anesthesia, including reduced pain, faster recovery times, and lower risks. Donna Orange, MD, is a renowned hand surgeon who has pioneered the use of WAHS and developed innovative techniques to enhance the patient experience. If you are considering hand surgery, we encourage you to explore the wide awake approach and consider the unique approach offered by Dr. Donna Orange.

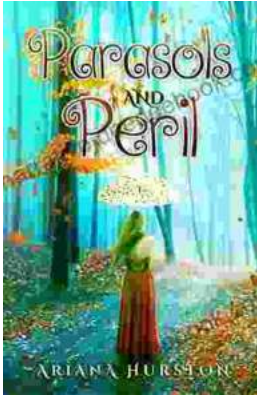


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