

ABDUCTOR HALLUCIS MUSCLE FLAP FOR THE COVERAGE OF THE MEDIAL MALLEOLAR WOUND

Navindravadhanam Sockalingam¹, Tharumaraja Thiruselvam¹

¹Hospital Kulim

Introduction: Wound coverage in the distal part of the leg has always been a problem with most surgeons resorting to free flaps. This requires vascular microanastomosis and the expertise of a plastic surgeon. The outcome also has not been very favourable in the setting of trauma due to already damaged vasculature. Various methods have been described in the literature for the coverage of wound over the medial malleolar area and here we would like to share our experience in using an abductor hallucis muscle flap to cover a wound on the medial malleolar area secondary to an open fracture dislocation of the ankle.

Discussion: A 28 year old man was referred to our centre from another hospital after having undergone surgery for an open fracture dislocation of the ankle. Post operatively there was a 5x5 cm wound on the medial aspect of right leg exposing the medial malleolus. The syndesmosis was malreduced. A revision surgery with restoration of syndesmosis and fusion with plate and a cross ankle external fixator was done. An abductor hallucis flap was subsequently performed with a split thickness skin graft applied over it. Minor wound breakdown occurred proximally but with Biofil dressing, the wound has almost completely healed.

Conclusion: Abductor hallucis flap is a viable option for wound coverage around the medial aspect of the distal leg. The only drawback of the flap is that it cannot cover wound that is too proximally located as the length of the flap is inadequate for more proximal coverage.