

Case Report: Single stage salvage surgery of a massive podagra.

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INTRODUCTION

Gout is a crystal deposition disorder caused by the deposition of monosodium urate crystals in joints and other tissues secondary to hyperuricemia. Podagra is the term used for gout deposition of the first metatarsophalangeal joint. Tophaceous deposition can advance and cause persistent pain to the involved joints, restriction its movement, and cause deformity. There are several surgical options of treating the disease; salvage surgery or amputation. In this report we present single stage salvage surgery of a massive podagra.

REPORT:

A 27-year-old gentleman had a history of gouty arthritis for 5 years, present with painful swelling and deformity over the left great toe. Upon examination the swelling is around the left 1st Metatarsal bone (MTB), extending from mid metatarsal bone to the proximal phalanx involving the metatarsophalangeal joint (MTPJ). Radiographic finding showed there is destruction of left 1st Metatarsal bone and proximal phalanx, with punched-out erosions, intra-osseous lesions and sclerotic overhanging Edges. MRI left foot showed no major neurovascular involvement. Patient was diagnosed having massive podagra involving proximal phalanx and MTPJ. After discussed with patient and family member regarding the option of surgical intervention, risk and complications, they agreed for Single stage salvage surgery. Incision made over medial border over 1st metatarsal extending up to the proximal phalanx. Gouty tophi and part of metatarsal bone and proximal phalanx excised. Fibula allograft 7.5cm segment prepared, fixed and stabilized with proximal and distal 2.7 VA LCP plate. The fixation was augmented with another 0.25cm thickness fibula allograft with two cortical screws over the medial aspect of the 1st metatarsal bone. Trans axial K-wire inserted from distal phalanx to stabilize the

interphalangeal joint. Drain was inserted before skin closed with Allgower suture technique.



Figure 1: Pre op pictures

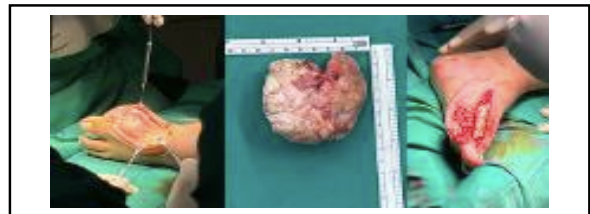


Figure 2: Intra op Picture



Figure 3: Post op picture

CONCLUSION:

Single stage salvage surgery of a massive podagra is possible. Single stage surgery not only gives quicker restoration of function and pain relief but also fewer intraoperative complications, besides cost effective and shorter hospitalization.

REFERENCES:

1.Scott Glassburn, Surgical Management of a Large, Gouty Tophus, Federal Practitioner, March 2010; Pg 14-27.

2.Chin-Ta Lin et al., Free-Flap Resurfacing of tissue defect in the foot due to large Gouty Tophi.