Title:

Efficacy Of Ranawat Vs Delury Cocktail In Total Knee Arthroplasty: A Randomized Controlled Study

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Abstract:
KEYWORDS

Ranawat Cocktail; Delury Cocktail; Total Knee Arthroplasty; Postoperative Pain; VAS Score; NRS Score

OBJECTIVES

Our study aims to establish whether either of the two, Ranawat or the Delury Cocktail is superior to the other in terms of better functional outcome for patients undergoing Total Knee Arthroplasty.

METHODS

We chose 68 patients with B/L Osteoarthritis Knee Joint (KL Grade 3/4) and after proper consent signed them up for the trial. We did a double-blinded study where one knee was injected with the Ranawat Cocktail and the other knee injected with the Delury Cocktail intra-operatively. Both injections were applied in equal proportions in seven locations, all the surgeries were performed by a single surgeon, the surgeon, the assessor and the physiotherapist were all blinded about the cocktail for removal of bias. Postoperatively the mean VAS scores were taken at 6,12,24 and 48 hours , mean time for knee to reach 90 Flexion and mean NRS Score at Day 1 and 2 was taken and calculated.

RESULTS

Knees injected with Delury Cocktail (DC) had mean VAS at 6, 12, 24 and 48 hours of 3.15, 2.01, 1.73, 1.24 respectively vs Ranawat Cocktail (RC) had mean VAS at 6,12,24 and 48 hours of 3.6, 3.28, 2.98, 2.47 respectively which was statistically significant at all times except at 6 hours duration. The mean time to reach 90 Flexion was 1.87 Days in DC vs 3.1 Days in RC

which was statistically Significant. The Mean NRS Scores at Day 1 and 2 for DC were 4.51 and 3.52 vs 5.39 and 4.29 for RC group which was statistically significant.

CONCLUSIONS

Our study establishes that Delury Cocktail is superior when compared to Ranawat Cocktail in reducing postoperative pain, facilitating early mobility and decreasing morbidity in patients undergoing Total Knee Arthroplasty.

Biography:

Dr. Ekaansh Karir is an orthopaedic surgery resident in Government Medical College, Kota, Rajasthan, India. He did his MBBS from Shri B M Patil Medical College, Vijayapura, Karnataka, India and is also a certified ATLS Instructor certified by the ATLS (USA) Organization. He has published 10+ research papers in various indexed journals and presented 10+ papers at various national conferences throughout the country and is a gold medallist among many other coveted laurels for his papers. He is an avid researcher and a surgeon and has special interest in Spine, Trauma and Arthroplasty.