

As marcaine is administered to a great extent due to minor complications and reasonable expenses and as discectomy is prevalently used in Iran, this study makes a comparison between effect of marcaine alone, lidocaine alone, and marcaine plus lidocaine on pain relief of patients undergoing lumbar disc open surgery. Materials and Methods:

In a clinical trial study, 192 patients were selected and randomly divided into four groups. Patients in Groups 1-4 received 0.5 ml marcaine during surgery, 5 ml lidocaine 2% before incision, 5 ml lidocaine 2% before incision plus 5 ml marcaine during surgery and normal saline, respectively. After patients gained knowledge of visual analog scale (VAS) criteria, their severity of pain was measured and was recorded in their profiles, along with demographic details and history of diseases. After surgery and their transfer to their rooms, their severity of pain was measured and recorded again by using VAS criteria. Finally, difference between the four groups was compared by SPSS software. Results:

The mean (\pm standard deviation) of postoperative pain in marcaine + lidocaine, marcaine, lidocaine, and normal saline was 3.5 ± 1.3 , 3.5 ± 1.6 , $36.1.9$, and 4.2 ± 1.8 , respectively, and we did not observe any significant difference in severity of pain after surgery in these groups ($P = 0.15$). The highest and lowest degree of satisfaction occurred in marcaine-lidocaine group and control group, respectively, (40 patients [83.3%] vs. 25 patients [52.1%]). Conclusion:

Lidocaine-marcaine treatment reduces the need to opiates in cases of postoperative pain relief of discectomy and provides patients with great satisfaction ¹⁾.

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Rezvani M, Abrishamkar S, Tabesh H, Namazi A, Mahabadi A, Aeinfar M, Nourian N. Preventive Effects of Pre- and Intra-operative Marcaine, Lidocaine, and Marcaine Plus Lidocaine on Pain Relief in Lumbar Disc Herniation Open Surgery. Adv Biomed Res. 2018 Jan 22;7:2. doi: 10.4103/abr.abr_161_15. eCollection 2018. PubMed PMID: 29456973; PubMed Central PMCID: PMC5812105.

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