




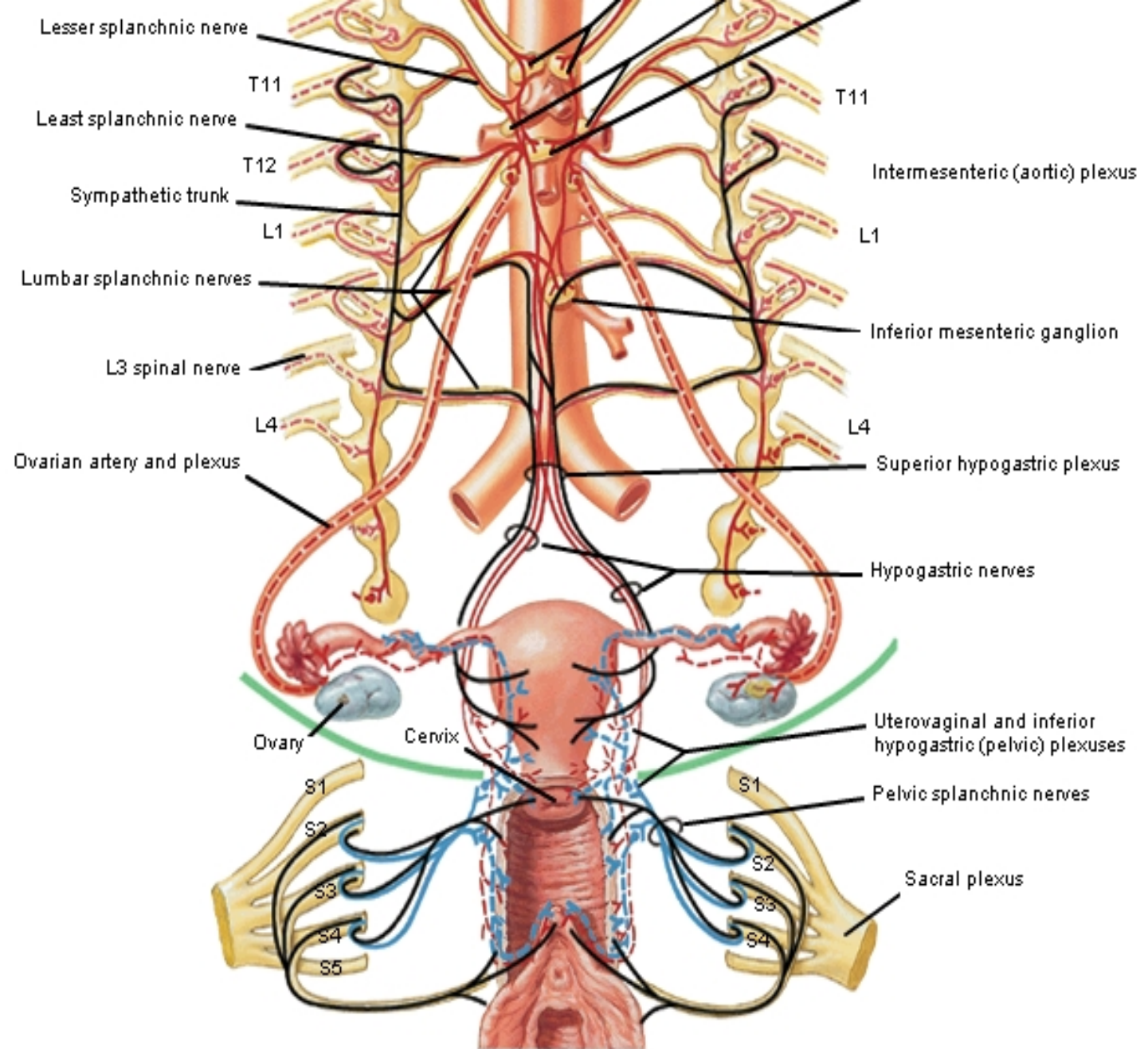
Pain & First Trimester Surgical Abortion

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- Author of cited literature

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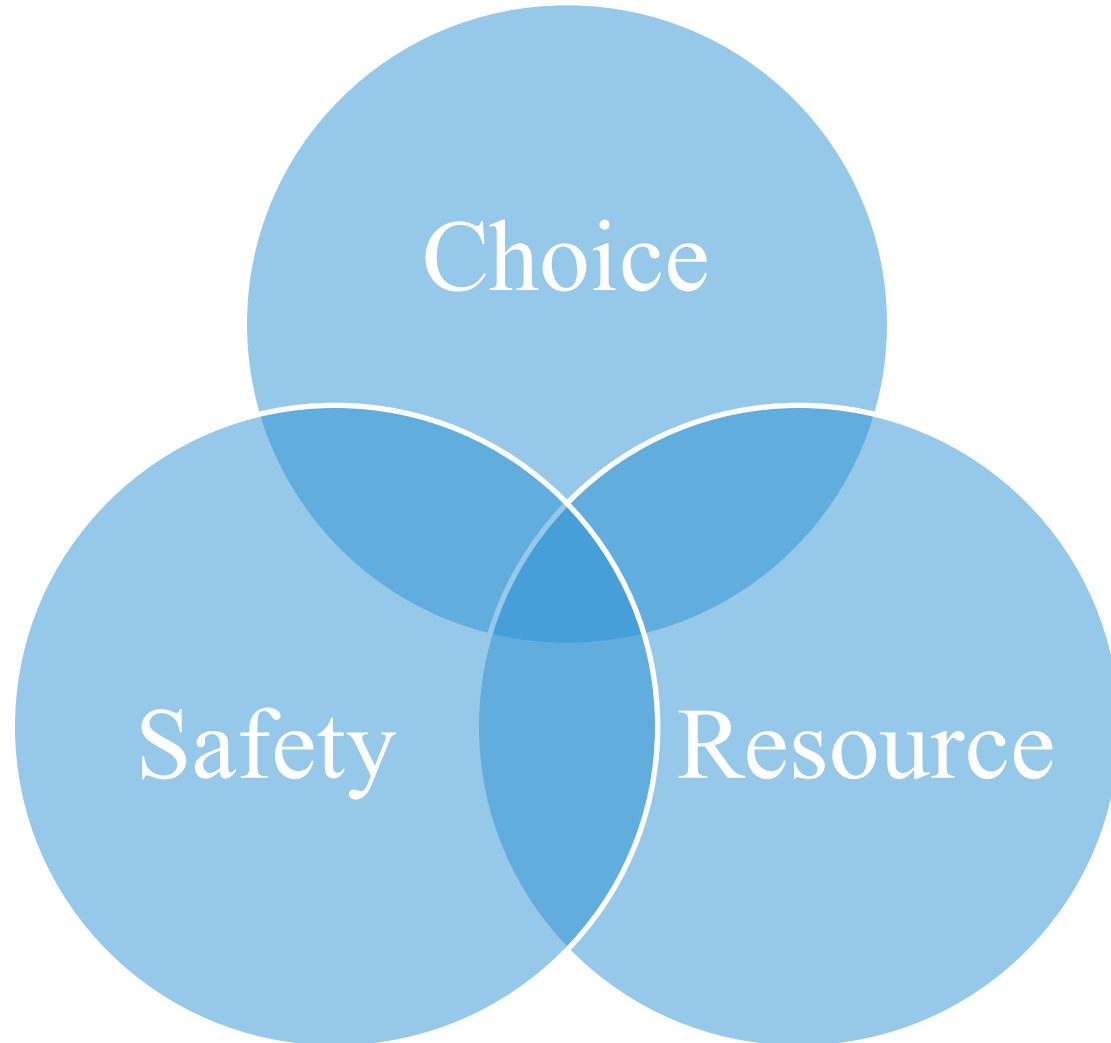


Sympathetic fibers	Presynaptic ——— (solid red line)	Parasympathetic fibers	Presynaptic ——— (solid blue line)	————— (solid black line)
	Postsynaptic - - - - - (dashed red line)		Postsynaptic - - - - - (dashed blue line)	



¹Belanger *Pain* 36(3): 339-50, 1989. ²Borgotta *J Reprod Med* 42(5): 287-93, 1997. ³Smith *Am J Obstet Gynecol* 133(5): 489-98, 1979. ⁴Edelman *Obstet Gynecol* 103(6): 1267-72., 2004. ⁵Edelman *Obstet Gynecol* 107: 269-75, 2006. ⁶Rawling *Int J Gynaecol Obstet* 60(3):293-5, 1998. ⁷Guilbert *J Psychol* 131:157-166, 1997

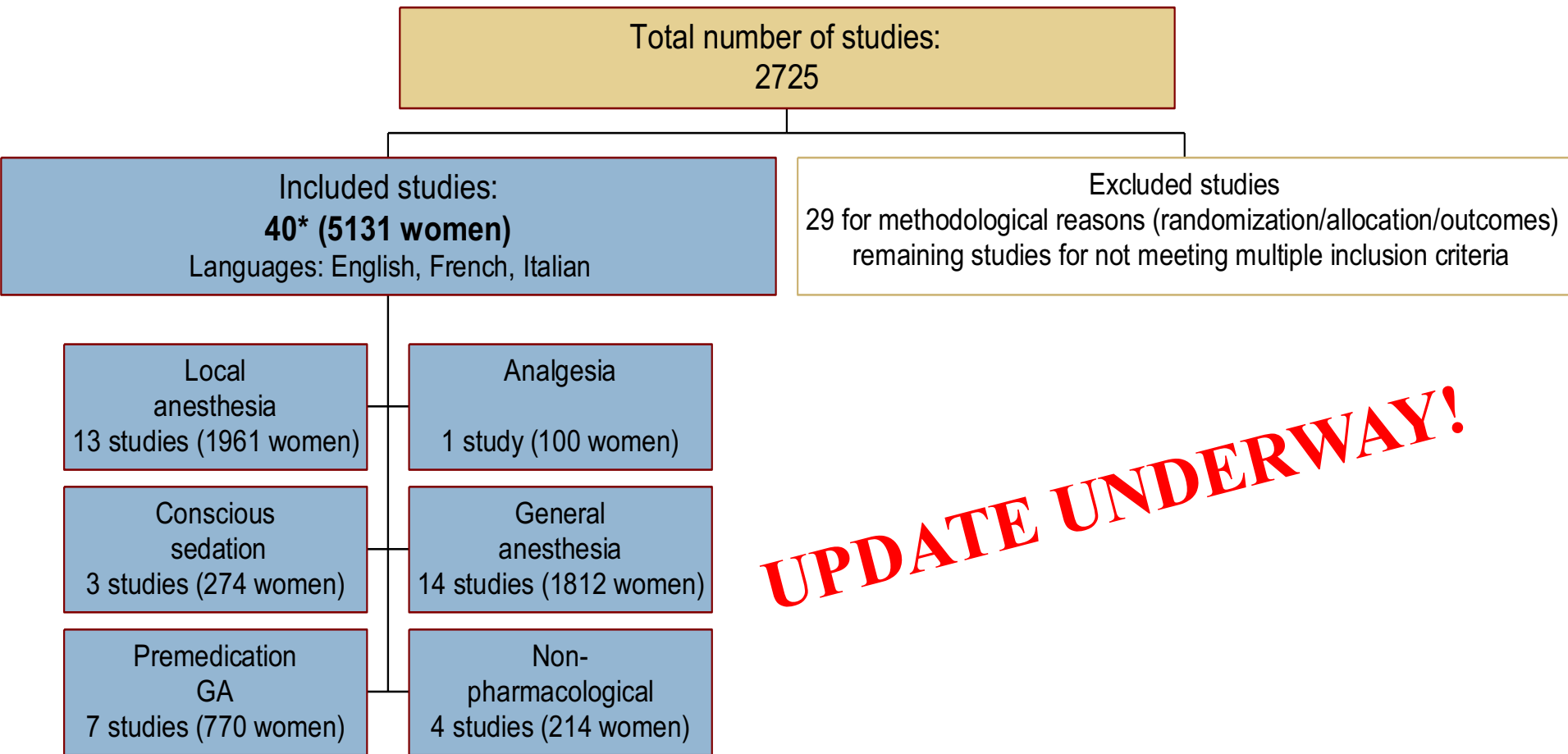
Optimal Regimen?



Continuum of care



Pain Control Systematic Review



UPDATE UNDERWAY!

What Works?

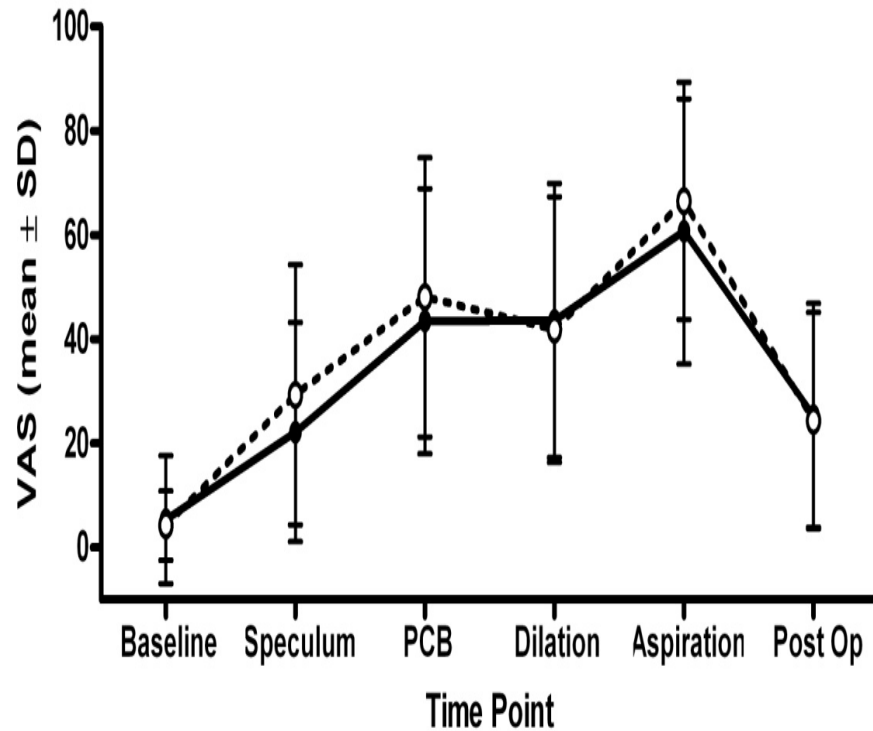
- Paracervical block
- NSAIDS
- 4% Intrauterine lidocaine infusion (+PCB)
- PCB w/ Ketorolac/lidocaine
- Moderate Sedation

What Doesn't?

- Paracetamol
- Oral Anxiolytics
- Oral opioids
- Doulas
- Hypnosis
- Cervical priming/prep
- Nitrous oxide

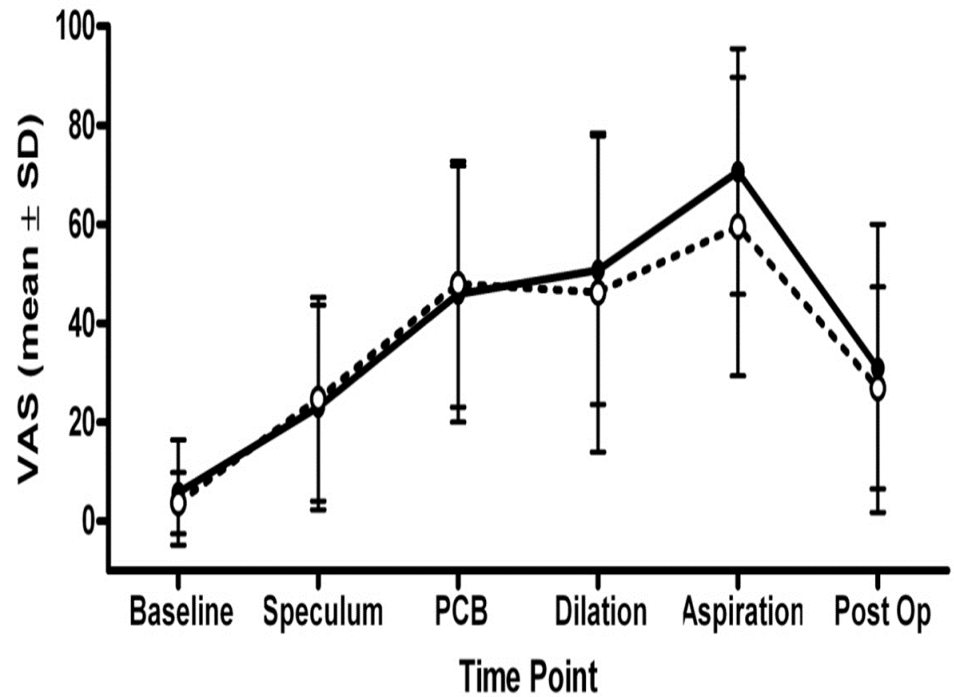
Pre-Procedure Oral Narcotics: NO Effect on Pain

Early GA Pain Scores During Procedure



—●— HC/APAP
-○- Placebo

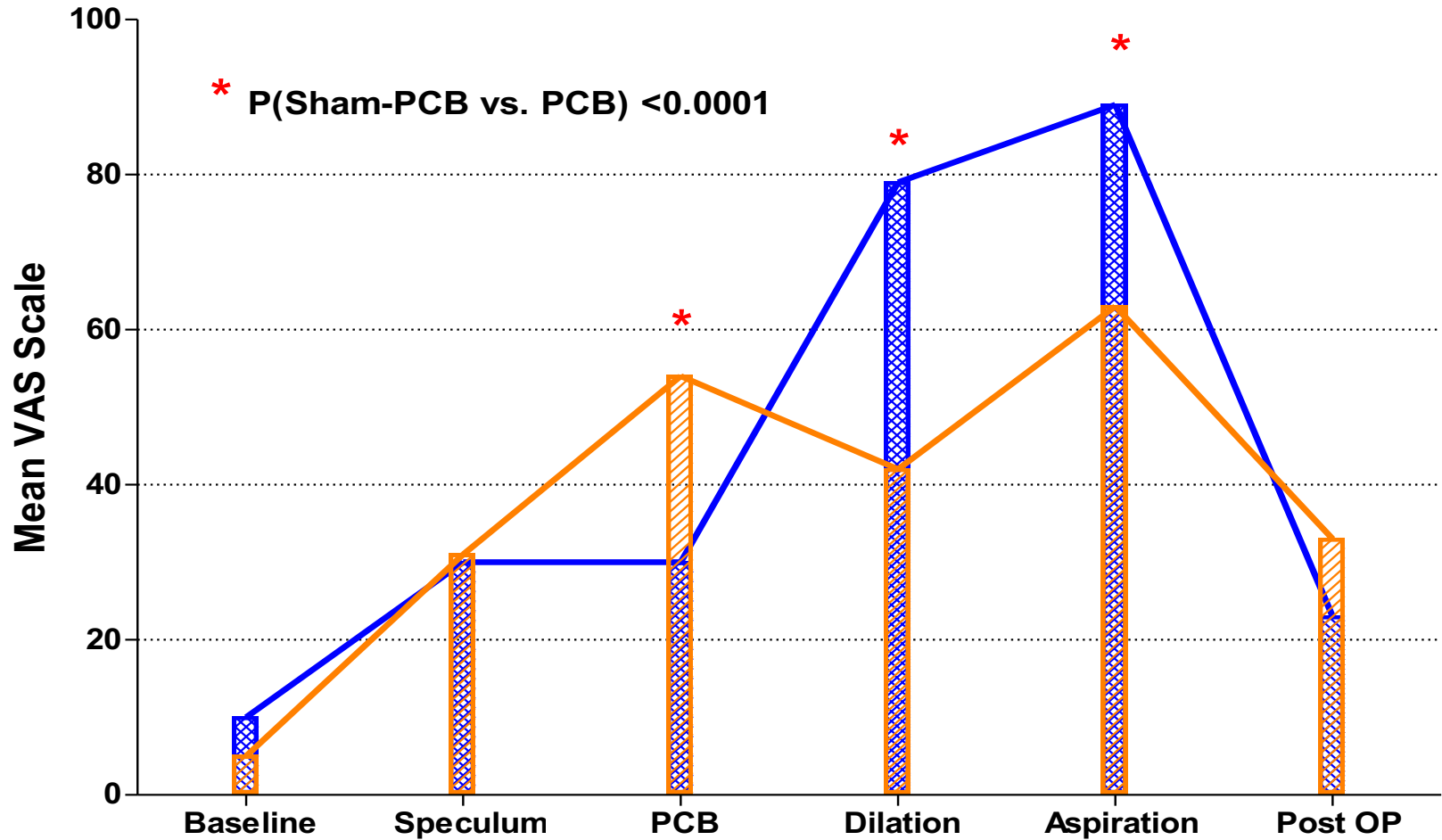
Late GA Pain Scores During Procedure



Cervical priming – increases pain

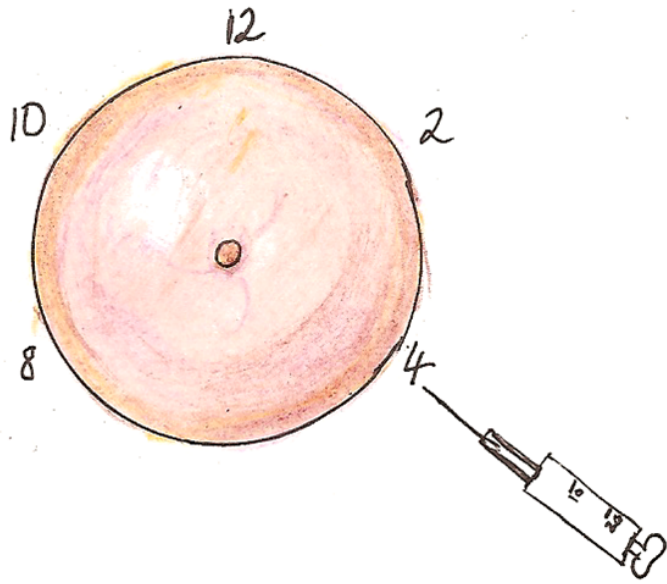
- Increase in preoperative cramping
- Increases or no impact on intra-procedure pain
- Possibly faster procedure but longer process
- Easier for provider
 - Need to balance needs for safety/medical indications

Paracervical block



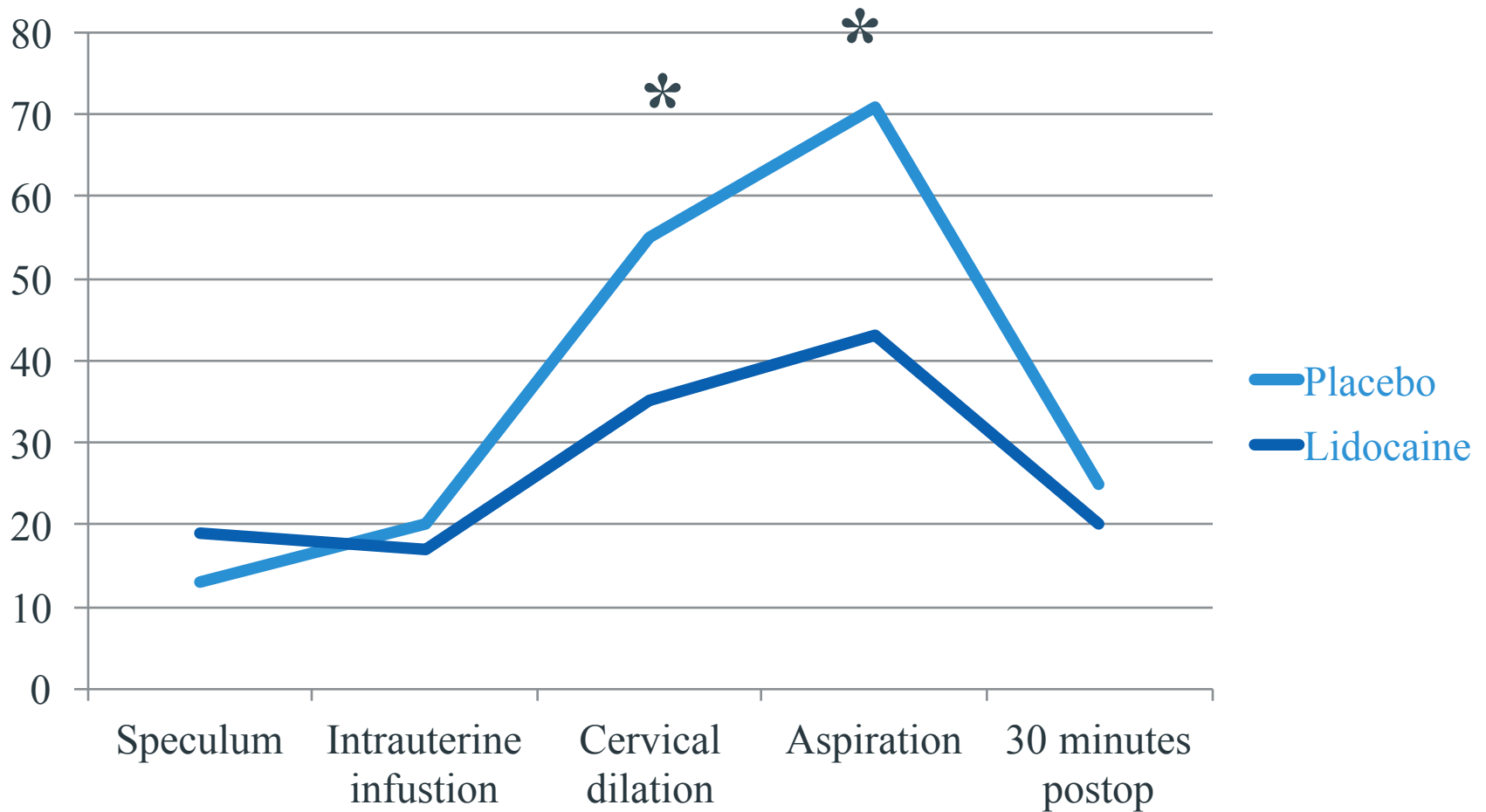
■ Sham-PCB
■ PCB

Effective Paracervical Block



- 20mL, 1% buffered lidocaine
 - Better than 10mL
- 4 sites
 - Better than 2 sites
- Slow
- Deep (3cm)
- To wait or not?

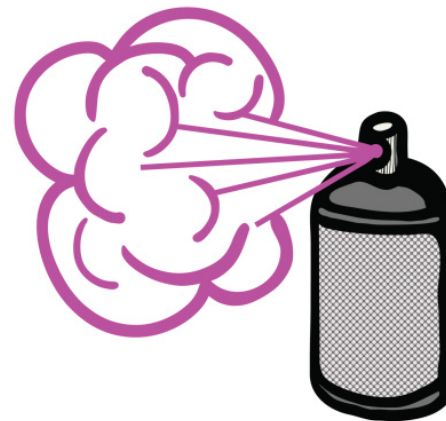
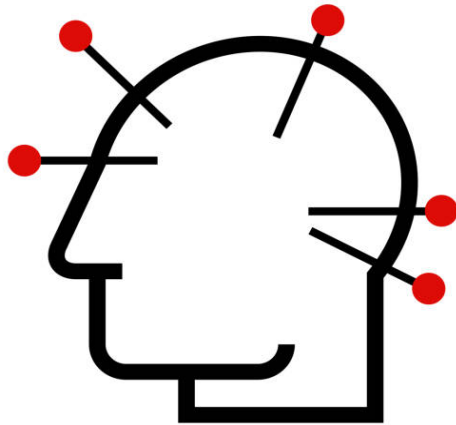
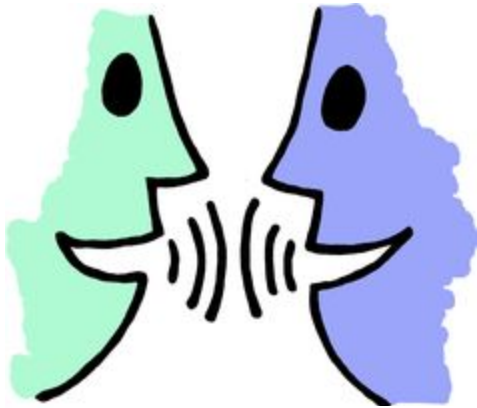
10mL 1% PCB+ 5mL Intrauterine Lidocaine (4%)



Local Anesthesia Toxicity

- **Side effects:**
 - Lightheadedness, tinnitus, circumoral tingling, and metallic taste in the mouth
- **Adverse events: EXTREMELY RARE**
 - Seizures, cardiac effects and allergic reactions
 - Most morbidity and mortality related to doses exceeding 300mg
- **Maximum lidocaine dose**
 - 4.5mg/kg → 200mg

Insufficient or conflicting data



Stay tuned



SATISFACTION



pan·a·ce·a

/ˌpænəˈsiːə/

noun

a solution or remedy for all difficulties or diseases.

"the panacea for all corporate ills"

synonyms: universal cure, cure-all, cure for all ills, universal remedy, elixir, wonder drug; *informal* magic bullet

Where does that leave us?

- Pain is multimodal
- Pain management needs to be multimodal
 - NSAIDs
 - Paracervical block
 - Nonpharmacologic
 - Supportive environment
 - Choice

Questions?

