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经皮椎弓根螺钉取内固定术中钉道处理对术后出血影响的研究*

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摘要 目的:探讨经皮椎弓根螺钉取内固定术中是否使用预制锥形可吸收性明胶海绵填塞取出椎弓根螺钉钉道对术后局部出血的影响。**方法:**2020年6月到2023年1月时间内,我院对符合纳入及排除标准的经皮椎弓根螺钉术后进行内固定去除患者共计68例纳入研究。随机分为两组,观察组取出椎弓根螺钉后填塞预制锥形可吸收性明胶海绵,对照组仅进行生理盐水冲洗后空置处理。统计和比较患者术前、术后3天的血液实验室指标、术后切口疼痛及功能评分以及相应的影像学检查。**结果:**观察组患者中,术前、术后3天血常规结果比较无明显统计学差异($P>0.05$),实验组在术后3天炎症因子结果显著好于对照组($P<0.05$);术后2天换药时,实验组在局部肿胀程度以及B超下估测出血量等指标的比较中,均显著优于对照组($P<0.05$),两组患者在术前、术后1天的VAS评分、ODI评分的比较中无统计学差异($P>0.05$),但在术后5天的比较中,实验组显著优于对照组($P<0.05$)。所有患者均未出现不可挽救的并发症。**结论:**经皮椎弓根螺钉术后原切口取内固定术后,钉道内填塞预制锥形可吸收明胶海绵能够明显减少术后出血,减轻患者痛苦,缩短住院时间,是一种理想的治疗方式,在该类手术中可以推广常规应用。

关键词:内固定取出;胸腰椎骨折;明胶海绵;皮下血肿

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Impact of Nail Channel Treatment on Postoperative Hemorrhage in Fixation Removal of Percutaneous Pedicle Screw *

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ABSTRACT Objective: Exploring the effect of using prefabricated conical absorbable gelatin sponge to fill and remove pedicle screw paths during percutaneous pedicle screw removal and internal fixation surgery on postoperative local bleeding. **Methods:** From June 2020 to January 2023, our hospital included a total of 68 patients who met the inclusion and exclusion criteria for internal fixation removal after percutaneous pedicle screw surgery. Randomly divided into two groups, the observation group was filled with prefabricated conical absorbable gelatin sponge after removing the pedicle screws, while the control group was only treated with saline irrigation and then left empty. Collect and compare blood laboratory indicators, postoperative incision pain and functional scores, and corresponding imaging examinations of patients before and 3 days after surgery. **Results:** In the observation group, there was no significant statistical difference in blood routine results between preoperative and postoperative 3 days ($P>0.05$). The experimental group had significantly better inflammatory factor results than the control group on postoperative 3 days ($P<0.05$); At the time of dressing change 2 days after surgery, the experimental group was significantly better than the control group in terms of local swelling degree and estimated bleeding volume under ultrasound ($P<0.05$). There was no statistically significant difference in VAS score and ODI score between the two groups before surgery and 1 day after surgery ($P>0.05$), but in the comparison 5 days after surgery, the experimental group was significantly better than the control group ($P<0.05$). All patients did not experience irreparable complications. **Conclusion:** After percutaneous pedicle screw surgery, the original incision is taken out for internal fixation. Prefabricated conical absorbable gelatin sponge is used to fill the screw path, which can significantly reduce postoperative bleeding, alleviate patient pain, and shorten hospital stay. It is an ideal treatment method and can be promoted for routine application in this type of surgery.

Key words: Removred internal fixation; Thoracolumbar fracture; Gelatin sponge; Subcutaneous hematoma

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前言

自1982年Magerl^[1]首次报道X线引导下经皮椎弓根钉固

定治疗腰椎骨折以来,经皮椎弓根螺钉技术不断发展,目前越来越多的无神经损伤症状的胸腰段骨折采用经皮椎弓根螺钉内固定的治疗方式,以期早期下地活动获得较好的预后^[2,3]。该

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类患者多为中青年,绝大多数患者后期都面临取出内固定装置的二次手术。血肿形成是此类手术发生率较高的并发症^[4],发生之后往往伴有发热、局部畸形、疼痛甚至贫血、瘫痪^[5]等问题,影响患者的术后生活及工作质量。为减少该类患者取内固定术后局部出血及相应炎症反应,我科对 2020.06-2023.01 期间收治的相关患者取内固定时是否通过对椎弓根螺钉钉道进行预制锥形明胶海绵填塞进行对比,以探究此类处理方式的临床有效性。

1 资料和方法

1.1 研究对象

纳入标准:①患者此前均行经皮螺钉内固定术,且骨折椎不做置钉处理;②经术前 CT 检查骨折节段愈合良好且无断钉情况;③手术瘢痕愈合良好,局部无明显红肿热痛等炎症表现。

排除标准:①患者合并感染、严重糖尿病、肿瘤或其他全身疾病;②患者在术前 1 月至术后 1 月内行其他手术。③患者骨折节段 >1 或固定阶段螺钉数目 >4 个。

根据以上标准,纳入研究的病例共计 68 人,随机分为观察组(明胶海绵处理)及对照组(空置处理)各 34 人。其中男性 45 人,女性 23 人;年龄分布:20 岁以下 2 人,20-30 岁 5 人,30-40 岁 12 人,40-50 岁 23 人,50-60 岁 21 人,60 岁以上 5 人;二次取出手术距上次手术时间间隔:9 个月 1 人,10 个月 2 人,

12 个月 18 人,13-18 个月 38 人,18 个月以上 9 人;骨折节段:胸 10 椎体 2 人,胸 11 椎体 6 人,胸 12 椎体 26 人,腰 1 椎体 22 人,腰 2 椎体 9 人,腰 3 椎体 2 人,腰 4 椎体 1 人。两组患者在性别、年龄段、骨折手术间隔时间、骨折阶段分布等一般性指标的比较中无显著性差异($P>0.05$)。

1.2 方法

1.2.1 手术方式 所有手术均有同一手术医师主刀进行。患者术前 30 min 内静脉滴注 1 g 氨甲环酸,术中采用全麻,俯卧位,腹部悬空,消毒铺单后沿原手术瘢痕切开皮肤,切开筋膜层后钝性分离至内固定装置表面,电刀切开瘢痕组织,显露同侧顶丝并旋出,继续使用电刀切开连接棒表面增生瘢痕,持棒器夹住连接棒后向远近端晃动,待连接棒活动后取下,然后旋出螺钉,观察组患者采用钉道填塞明胶海绵。具体方法为:取一整块明胶海绵,沿长轴卷起,一端压紧,使其呈锥形备用,螺钉拧出钉道时向旁边平移以阻挡周围软组织,50 mL 注射器抽满生理盐水进行冲洗,吸干盐水及血液后迅速将锥形明胶海绵塞入钉道至尾端完全没入椎弓根内。对照组进行冲洗后,不放明胶海绵空置处理。两组患者自取出第一枚螺钉起,更换负压吸引器引流瓶子,直至手术结束,期间总出血量定为术中出血量。全部取出后,软组织出血点予以电凝止血,可吸收线缝合各切口,均未留置引流,无菌敷料包扎,术毕。(见图 1)

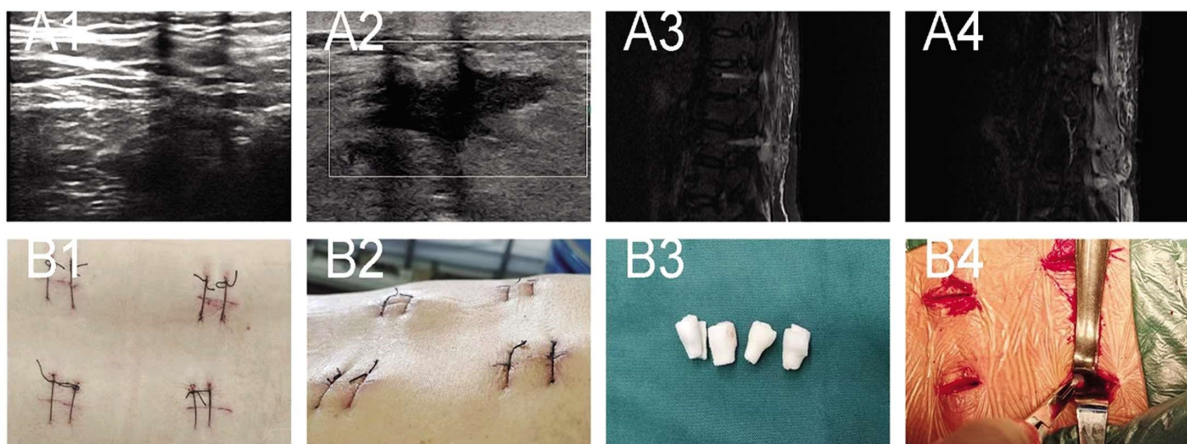


图 1 两组患者术后比较的基本情况

Fig.1 Comparison of general information after the operation between two groups of patients

A1: 观察组术后 2 天 B 超影像;A2: 对照组术后 2 天 B 超影像;A3: 观察组术后 2 天 MRI 影像;A4: 对照组术后 2 天 MRI 影像;B1: 观察组术后 2 天切口外观;B2: 对照组术后 2 天切口外观;B3: 预制锥形明胶海绵外观;B4: 术中放置明胶海绵情况

A1: B-ultrasound images of the observation group 2 days after surgery; A2: B-ultrasound images of the control group 2 days after surgery; A3: Observation group magnetic resonance imaging 2 days after surgery; A4: control group magnetic resonance imaging 2 days after surgery; B1: Observation group: incision appearance 2 days after surgery; B2: control group: incision appearance 2 days after surgery; B3: Prefabricated conical gelatin sponge appearance; B4: Intraoperative placement of gelatin sponge

1.2.2 术后护理 术后均使用腹带外固定,术后第三天硬质腰围保护下下地活动,避免出现咳嗽、打喷嚏、便秘等增加腹压的情况。

1.2.3 评价方法 术后第二天行床旁 B 超检查术区出血量;换药时目测局部切口情况,分为切口周围无明显肿胀、切口及周围肿胀但不影响平卧、切口明显肿胀无法平卧患者三个水平,统计各个水平患者数目;术后第三天抽血查血常规及炎症因子(白细胞介素 -6、白细胞介素 -8、肿瘤坏死因子),术前及术后第

一天、第五天对患者进行切口疼痛 VAS 评分、ODI 评分评定和比较。

1.3 统计学分析

使用 SPSS 21.0 进行统计学分析,根据不同的样本类型采用不同的检验方法,计量资料采用 $\bar{x} \pm s$ 表示,组间比较采用独立样本 t 检验,组内两时间点比较采用配对 t 检验;计数资料采用卡方检验或两相关样本 Wilcoxon 秩和检验, $P<0.05$ 为差异有统计学意义。

2 结果

2.1 两组患者切口肿胀程度的比较

观察组切口周围无明显肿胀的患者 26 人，切口及周围肿胀但不影响平卧患者 7 人，切口明显肿胀无法平卧患者 1 人；对照组切口周围无明显肿胀的患者 12 人，切口及周围肿胀但

不影响平卧患者 18 人，切口明显肿胀无法平卧患者 4 人，观察组切口疼痛肿胀情况明显好于对照组 ($P < 0.05$)，见表 1，出现无法平卧 5 位患者中 3 人采用观察后于术后 8-12 天明显好转，另外两人于术后第 5 天采用局麻下切开清理血肿并留置引流条处理，术后第 8 天拔出引流条。

表 1 患者术后 2 天切口情况的比较

Table 1 Comparison of incision conditions 2 days after surgery

| Groups | No obvious swelling | Swelling without affecting lying flat | Obvious swelling and unable to lie flat |
|-------------------|---------------------|---------------------------------------|---|
| observation group | 26 | 7 | 1 |
| control group | 12 | 18 | 4 |
| <i>P</i> | | 0.021 | |

表 2 术中出血量比较 ($\bar{x} \pm s$)

Table 2 Comparison of intraoperative bleeding volume ($\bar{x} \pm s$)

| Groups | Mean blood loss |
|-------------------|-----------------|
| Observation group | 13.29±2.58 |
| Control group | 23.85±4.01 |
| <i>P</i> | 0.015 |

2.2 两组患者术中及术后出血量的比较

将两组患者的术中及术后出血量进行比较。术中出血量：观察组出血量约 13.29±2.58 mL，对照组出血量约 23.85±4.01 mL，观察组出血量显著少于对照组 ($P < 0.05$)，见表 2。术后 2 天使用

B 超对手术区域出血量进行估算：观察组出血量约 29.41±2.32 mL，对照组出血量约 40.53±3.27 mL，观察组出血量少于对照组 ($P < 0.05$)，见表 3。

表 3 B 超下出血量的比较 ($\bar{x} \pm s$)

Table 3 Comparison of bleeding volume under B-ultrasound ($\bar{x} \pm s$)

| Groups | Mean blood loss |
|-------------------|-----------------|
| Observation group | 29.41±2.32 |
| Control group | 40.53±3.27 |
| <i>P</i> | 0.023 |

2.3 两组患者血液指标的比较

术后 2 d，对两组患者的血液指标进行比较。结果显示，两组患者的 RBC、Hb 及 Hct 在术前比较中无显著性差异 ($P > 0.05$)，两组患者术后在上述指标的比较中存在显著性差异 ($P <$

0.05)，见表 4。

2.4 两组患者相关炎性指标的比较

在术后 2 d，我们对两组患者的血液炎性指标进行了相关的比较。实验结果显示：两组患者的 IL-6、IL-8 及 TNF- α 在术

表 4 术前术后血常规指标比较

Table 4 Comparison of preoperative and postoperative blood routine indicators

| Index | Point of time | Observation group | Control group | <i>P</i> |
|----------------------------|----------------------|-------------------|---------------|----------|
| RBC ($\times 10^{12}/L$) | Preoperative | 4.85±0.34 | 4.90±0.48 | 0.792 |
| | 3 days after surgery | 4.71±0.39* | 4.28±0.35* | 0.019 |
| Hb (g/L) | Preoperative | 150.71±14.57 | 148.76±10.85 | 0.632 |
| | 3 days after surgery | 147.68±15.08* | 136.29±12.56* | 0.006 |
| Hct (%) | Preoperative | 45.25±2.92 | 46.13±1.77 | 0.837 |
| | 3 days after surgery | 44.96±2.87* | 40.19±2.41* | 0.021 |

Note: * $P < 0.05$, compared with before treatment.

前无统计学差异,手术后均上升,观察组显著低于对照组($P < 0.05$),见表 5。

表 5 术后 3 天炎症因子比较($\bar{x} \pm s$)

Table 5 Comparison of inflammatory factors within 3 days after surgery ($\bar{x} \pm s$)

| Index | Point of time | Observation group | Control group | P |
|--------------|----------------------|-------------------|---------------|-------|
| IL-6(pg/mL) | Preoperative | 89.34±8.46 | 90.10±8.75 | 0.524 |
| | 3 days after surgery | 171.45±20.59* | 194.53±21.38* | 0.000 |
| IL-8(pg/mL) | Preoperative | 98.71±8.57 | 99.76±9.85 | 0.815 |
| | 3 days after surgery | 160.63±16.98* | 186.37±20.57* | 0.000 |
| TNF-α(pg/mL) | Preoperative | 84.41±7.96 | 85.13±8.14 | 0.694 |
| | 3 days after surgery | 124.96±2.87* | 135.37±14.61* | 0.006 |

Note: * $P < 0.05$, compared with before treatment.

2.5 两组患者疼痛及功能指标的比较

我们对两组患者的疼痛及功能进行了相关评价。实验结果显示:疼痛:两组患者在术前、术后第一天的 VAS 评分比较中

无统计学差异,但在术后 5 天 VAS 评分观察组明显低于对照组,结果有显著性差异($P < 0.05$)。ODI 评分结果比较也是如此:观察组在第五天评分明显优于对照组,见表 6。

表 6 功能评分比较($\bar{x} \pm s$)

Table 6 Comparison of functional scores within 5 days after surgery ($\bar{x} \pm s$)

| | Observe group | Control group | P |
|----------------------|---------------|---------------|-------|
| VAS | | | |
| Preoperative | 0.59±0.13 | 0.65±0.18 | 0.785 |
| 1days after surgery | 7.48±1.68* | 7.69±1.58 * | 0.896 |
| 5 days after surgery | 3.63±0.76* | 5.19±0.98* | 0.017 |
| ODI | | | |
| Preoperative | 13.13±2.19 | 12.56±2.45 | 0.358 |
| 1days after surgery | 56.97±4.79 * | 58.24±5.27 * | 0.203 |
| 5 days after surgery | 20.39±2.98* | 33.71±4.23* | 0.014 |

Note: * $P < 0.05$, compared with before treatment.

3 讨论

脊柱手术中,无论是内固定物植入术还是取出术,出血都是困扰术者及患者的一大问题^[6-8]。微创手术的发明和开展,在脊柱外科史上具有里程碑的意义。但在进行内固定物取出时,受限于原切口较小且位置较深,术中如果处理不恰当,术后出血过多,容易形成皮下血肿、疼痛、局部畸形、甚至贫血、瘫痪等并发症,不但延长住院时间,还会增加患者痛苦,造成医疗资源浪费^[9-11]。在我国目前的医疗实践中,内固定装置取出术往往是由中低年资医生进行操作,其处理经验更少且没有得到很好的指导,因此总结经皮脊柱内固定装置取出时出血形成的原因及归纳预防措施很有必要。

腰椎皮下、肌肉组织、椎体内部血运丰富^[12,13],经历过首次手术后局部瘢痕、肉芽、血管增生明显。采用经皮椎弓根螺钉内固定手术的患者二次手术取出内固定装置时一般仍采用原切口。关于术后出血原因,总结主要有以下几点^[14]:1、定位不准确导致软组织剥离过度:大部分患者经过脊柱手术后一年均有不同程度的体重增加^[15],这就导致手术瘢痕随着局部脂肪组织增

加而可能发生移位;内固定植入手术时,切口位置不理想,内固定植入时通过牵拉皮肤找到合适位置^[16]。这两种情况下,二次手术取内固定时沿原手术瘢痕切开,寻找内固定位置就较为困难,尤其是肥胖患者,需要延长切口,对软组织的剥离范围就会偏大,损伤血管的可能性就会增加^[17,18];2、术者对局部软组织层次不明,手术操作粗暴,手术过程中电刀一切到底,没有按照切开筋膜层,寻找肌肉间隙、钝性分离显露钉尾的步骤操作,对周围软组织保护不足^[21];3、术中止血困难:破坏的软组织内血管断端回缩、椎管外静脉丛的破裂出血^[19]、体位不当导致腹内压过高^[20]、钉道内椎体或椎体前方出血^[22];4、术后护理及生活习惯不足:术后疼痛管理不到位,患者因切口疼痛不愿平卧位压迫止血^[23];早期活动量过多,腰背部不适当用力,无腰背围腰保护^[24];过早进普食、腹胀、便秘、咳嗽、打喷嚏等增加腹压的生活习惯^[24];抗血栓药物的使用可能也是危险因素^[25]。

脊柱手术过程中,对于出血的处理,一般采用电止血、压迫止血、化学止血等措施^[26],电止血是首选,但是对于未发现明确出血点或者解剖结构不够清晰的部位,应尽量避免使用电止血,以免造成伤害血管、神经等重要组织的严重后果。前述出血

原因的总结中,除钉道出血以外其他原因导致的出血,通过术前血栓弹力图(TEG)评估^[27,28]、精确判断内固定位置,术中彻底电止血,术后加强康复教育,基本可以避免大量出血的可能,而钉道出血就属于难以电止血的部位,出血原因考虑是椎体内静脉在旋出螺钉时可能会被破坏,这种情况下,电止血时应用电刀难以接触到松质骨内的出血点,且由于部分螺钉未完全在椎弓根内,盲目将电刀伸入钉道内止血可能损伤其他的血管、神经等组织。目前对于此部位的出血并没有规范的处理措施,临床中最常用的就是应用明胶海绵进行局部填塞压迫^[29]。明胶海绵为局部止血药,可促使血小板破裂,释放出大量血小板促凝因子,具有促凝作用。明胶海绵的支架作用,也使血块不易脱落而起止血作用^[30]。本次研究也证实,通过使用预制成锥形的明胶海绵对钉道的填塞,可有效的进行止血,减少术中及术后的出血量及相应炎症反应。术后在血液学、影像学检查以及术后功能评分的结果也证实了上述推论。此外,各切口出血量及肿胀程度也有一定程度的差异,以远端切口处内出血更为明显,考虑主要是体位因素导致,左右两侧因为后方棘突-韧带复合体的存在,出血不能相互交通导致两侧无明显差异;炎症是机体自我保护而出现的一种反应,轻度的炎症反应可促进机体恢复,但较大的炎症反应则会延长机体修复的时间,给患者恢复带来不利影响,本研究所选用的炎症因子指标分析也很好的说明了这一点。

本次实验说明,在微创脊柱骨折螺钉取出术中,通过入预制的明胶海绵能够起到非常积极的临床效果。但也存在一些不足,例如纳入样本量较少,不是多中心实验等,下一步,将就这些问题进行探讨。

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