The Effect of Perioperative Restrictive Fluid Therapy on Postoperative Edema and Ecchymosis in Rhinoplasty

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Abstract

Objective: The aim of our study is perioperative restrictive fluid administration in rhinoplasty whether contribute to decreased postoperative edema and ecchymosis.

Background: Prolonged peribitol ecchymosis and severe edema may cause a delay in healing and affect the result of surgery and influence the satisfaction of patient and surgeon.

Methods: The study designed as a prospective, blinded, randomised study. Fifty patients, ASA physical status 1 aged 18-46 years planning to undergo rhinoplasty as an elective surgery were randomly divided into two groups; standard fluid administration (group S) and restrictive fluid administration (group R). Operation time, mean arterial pressure and total fluid volume were recorded.

Results: Peribitol ecchymosis was significantly decreased in the group R at 4 hours postoperatively. When comparing between two groups’ ecchymosis scores were no statistically significant difference at 24 hours and 7 days postoperatively.

Conclusion: Postoperative edema and ecchymosis are the main morbidities which were not affected from perioperative restrictive fluid regimen in patients undergoing rhinoplasty.

Keywords
Fluid Regimen, Rhinoplasty, Edema, Ecchymosis

Introduction

Postoperative edema and ecchymosis can usually occur after rhinoplasty and can cause disgruntled results which influence the satisfaction of patient and surgeon. Prolonged peribitol ecchymosis and severe edema may cause a delay in healing and affect the result of surgery. Many of agents have been used to reduce the influence of edema and ecchymosis developing around the eyes after rhinoplasty, such as corticosteroids, lidocaine and adrenaline combination, mellilotus extract [1-5].

The physiological stress due to surgery induced inflammation, catabolism and fluid retention initiated by inflammatory factors that increasing around the surgical area. Vascular permeability is affected by the increasing size of the surgical area, inducing distribution of fluid between intravascular and interstitial space. Together with that the perioperative patient has a tendency for fluid retention, since administered fluids are not readily excreted, which may cause to postoperative fluid overload and accumulation of fluid in peripheral tissues.

There is no information on the impact perioperative fluid management on postoperative edema and ecchymosis following rhinoplasty surgery. Therefore we studied that a perioperative restrictive fluid regimen seen in rhinoplasty whether contribute to decreased postoperative edema and ecchymosis.

Methods

After institutional review board approval and informed consent 50 patients, ASA physical status 1 aged 18-46 years planning to undergo rhinoplasty as an elective surgery were enrolled in this study. Patients having coagulation disorder, morbid obesity and corticosteroid usage were excluded.

The subjects were randomly divided into two groups; standard fluid administration (group S, n: 25) and restrictive fluid administration (group R, n: 25). No pre-anaesthetic administration of fluids were excluded.


Received: September 15, 2015; Accepted: December 19, 2015; Published: December 22, 2015

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medial to lateral and from inferior to superior. Severity of edema was rated in terms of the degree of closure of eyelids on a scale of 0 to 4 [6]. (Table 2) The extension of upper and lower eyelid ecchymosis was evaluated separately using a scale of 0 to 5 [4]. (Table 2) We used for post-operative analgesia diclofenac sodium 75 mg tablets. Operation time, mean arterial pressure and total fluid volume were recorded.

Statistics

Data analysis was performed using SPSS v.16.0 software. The student T-test used to analyse the demographic data and mean arterial pressure between groups. Mann-Whitney U test was used to compare for ecchymosis and edema between groups. P value of less than 0.05 was considered as statistically significant.

Result

The demographic data, duration of anesthesia and total fluid volume were given in table 3. No significant differences were found in age, body mass index or duration of anesthesia between two groups. Mean arterial pressure values were shown at graphic 1. No statistically difference was observed at minutes 0, 15, 30, 45, 60 and 75 between groups .(P: respectively 0.97, 0.45, 0.31, 0.14, 0.13, 0.11) When comparing between two groups edema scores were no statistically significant difference at 4, 24 hours and 7 days postoperatively. (P: respectively 0.06, 0.14, 1.0) (Table 4) Periorbital ecchymosis was significantly decreased in the group R at 4 hours postoperatively. (P = 0.039) When comparing between two groups ecchymosis scores were no statistically significant difference at 24 hours and 7 days postoperatively (P: respectively 0.11, 0.21) (Table 5).

Discussion

We performed a prospective study of fluid management regimen,
postoperative evaluation of ecchymosis and edema in patients undergoing rhinoplasty. We found that restrictive fluid intervention decreased the 4 hours post-operative period ecchymosis. First and seventh day postoperative scores of ecchymosis and edema degrees was not affected by restrictive and standard fluid regimens.

Perioperative fluid intervention has been a matter of debate and still continues today. Conventional practice large crystalloid volumes were given to all patients perioperatively. This was based on the perioperative patient was hypovolemia due to prolonged fasting and insensible fluid loss during the surgical exposure. In addition; hypotension during general and neuraxial anaesthesia often covered by liberal intravenous fluid administration. On the other hand there is no association between anaesthesia related hypotension and fluid loading [7,8]. Anaesthesia related hypotension should more properly be treated with vasopressor therapy [9].

Perioperative fluid loading seem to have important side effects in several organ systems such as the cardiovascular system, the possibility of developing myocardial ischemia due to the potential impairment of left ventricular stroke volume [10]. Pulmonary system may be impaired by accumulation of interstitial fluid, which may cause pulmonary edema, atelectasis and respiratory failure [10]. The occurring decreased tissue oxygenation may contribute to impaired wound healing [10]. Studies has shown that in patients undergoing major abdominal surgery, fluid restrictive regimen during perioperative period have several benefits such as shorter length of hospital stay and reduced post-operative complications [11-14]. However, the others found no change for complication rate post-operatively [15-17]. In our study we found that restrictive fluid regimen has no effect on edema and ecchymosis postoperatively. One study showed that infusion rates of between 2 and 18.5 ml kg⁻¹ h⁻¹ surgery of duration < 3 hours did not cause significant interstitial edema [18]. In elective major surgery indicate that administration of > 5 litres fluid (primarily crystalloid) without specific indication may increase morbidity [19]. In 12 healthy volunteers, mimicking the perioperative set-up for laparoscopic cholecystectomy, but without surgery being performed, where infusion of 40 ml kg⁻¹ (~ 3 litres) ringer lactate over 3 hours led to decrease pulmonary function and in addition a significant weight gain lasting 24 hours [20]. In our study patients undergoing rhinoplasty which is minor surgery so perioperative fluid shift are small and organ dysfunctions minor. In standard fluid administration group was given nearly 1400 ml crystalloid fluid and mean operation duration was about 2 hours. Therefore in standard group given total fluid volume was less than 3 litres and duration of operation was less than 3 hours may not cause to increase edema and ecchymosis.

Several factors are related to eyelid edema and ecchymosis such as osteotomy technique, skin type, perioperative blood pressure and corticosteroid usage. Many trials have focused on the effect of osteotomy techniques on edema and ecchymosis in patients undergoing rhinoplasty operation. They found conflicting results. One of them reported external osteotomy is better on the other a study showed that there was no difference between internal and external approach [21-23]. Therefore we performed similar osteotomy techniques in all patients. Controlled hypotension is usually used to reduce bleeding and established more proper operative field especially for head and neck surgery [24]. Controlled hypotension in rhinoplasty reduce edema and ecchymosis postoperatively [25,26]. In our study mean arterial pressure was maintained between 65-75 mmHg with remifentanyl infusion for controlled hypotension.

### Table 5: Periorbital Ecchymosis Score

<table>
<thead>
<tr>
<th>Postoperative Time Period</th>
<th>Group R</th>
<th>Group S</th>
<th>P value</th>
</tr>
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<tbody>
<tr>
<td>4 hours</td>
<td>0.80 ± 0.86</td>
<td>1.24 ± 0.72</td>
<td>0.039</td>
</tr>
<tr>
<td>24 hours</td>
<td>2.08 ± 1.35</td>
<td>2.44 ± 1.11</td>
<td>0.11</td>
</tr>
<tr>
<td>7 days</td>
<td>0.80 ± 1.11</td>
<td>1.04 ± 0.97</td>
<td>0.21</td>
</tr>
</tbody>
</table>

Group R: restrictive fluid administration; Group S: standard fluid administration; Data presented as mean ± SD

### Conclusion

There is some benefit in perioperative fluid restriction with related to reduce morbidity in major surgery. However; in our study we found that ecchymosis and edema degrees was not affected by restrictive and standard fluid regimens except the decreased 4 hours post-operative period ecchymosis in restrictive group. These findings, specific to patients undergoing rhinoplasty, are the main comorbidities such as postoperative edema and ecchymosis were not affected from perioperative restrictive fluid regimen.

### References


