

The Effectiveness of Retrolaminar and Modified Thoracolumbar Interfascial Plane Blocks in the Management of Opioid-Free Anesthesia in Lumbar Discectomy

ACTRN12625001437459

Status	RECRUITING
Sponsor	Onur KUCUK (Dokuz Eylül University)
Enrollment	70 participants

Plain Language Summary

Back surgery for a herniated disc — called a lumbar discectomy — can be very effective, but managing pain during and after the operation without relying on opioid painkillers is a growing priority in modern medicine. This study is comparing two nerve-blocking techniques that deliver local anaesthetic to the area around the spine, allowing patients to have surgery under general anaesthesia without needing opioids at all.

The two techniques being compared are called Retrolaminar Block and Modified Thoracolumbar Interspinal Plane Block. Both involve injecting local anaesthetic near the spine before or during surgery. Researchers will measure how quickly patients wake up from anaesthesia, how long they stay in the recovery room, and how much pain they experience in the 24 hours following surgery.

You may be eligible if you are aged 18 to 65, generally in good health, and are scheduled for a planned one- or two-level lumbar disc operation under general anaesthesia. People with a history of prior spine surgery, chronic pain requiring opioids, or pregnancy are not eligible. This research is part of an important movement toward safer, opioid-sparing pain management in surgery.

Key Eligibility Criteria

Inclusion (5)

- Adults aged 18–65 years
- ASA (American Society of Anesthesiologists) physical status I–II
- Scheduled for elective one- or two-level lumbar discectomy under general anesthesia
- Able to understand and provide written informed consent
- Able to complete preoperative pain sensitivity assessments (PSQ, VAS)

Exclusion (8)

- Patients with contraindications to block application (local infection, coagulopathy, allergy, etc.)
 - Patients with previous lumbar spine surgery
 - Patients with a history of opioid addiction or chronic pain management
 - Patients who are pregnant or lactating
 - Patients who cannot understand scoring tests due to mental retardation or communication difficulties
- ... and 3 more (see full listing online)

Locations (1 total)

Izmir, Turkey

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12625001437459>

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