Minimally Invasive Technique: Management Of A Failed Femoral Plate In An Obese Patient

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INTRODUCTION:
Plate osteosynthesis at the femoral shaft is being done in selected patients. We report a case of implant failure of right femur after a broad low contact dynamic compression plate (LC-DCP) insertion in an obese patient.

CASE REPORT:
Miss NH, a 27-year-old Malay lady with a body mass index of 34.4 kg/m², presented with a failed LC-DCP of right femur two months post-surgery. We manage to remove the bent plate using a minimally invasive technique and subsequently insert an antegrade intramedullary nail to stabilize the fracture. The patient recovered fully with no complication.

DISCUSSIONS:
Our technique of removal is biologically-compliant and cosmetically-friendly compared to a conventional open technique. By using this method, we manage to avoid a “second-hit” on soft tissues and scar formation besides avoiding the complications of hematoma formation, infection and neurovascular injury.

CONCLUSION:
Management of an implant failure of femur in an obese patient can be challenging but it can be done with proper planning and understanding of the basic science of a fracture management.