ABSTRACT

Sub-Tenon's vs. peribulbar anesthesia
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Purpose of Study: To evaluate the efficacy of sub-Tenon's anesthesia as compared to peribulbar anesthesia during cataract surgery.
Design: Prospective Clinical Trial.
Participants: 200 consecutive patients undergoing extracapsular cataract extraction for uncomplicated senile cataracts in the Department of Ophthalmology, Pakistan Institute of Medical Sciences Islamabad. 100 in each group; one receiving sub-Tenon's and the other group receiving peribulbar anesthesia.
Methods: Patient's pain and anxiety during administration of anesthesia, during surgery were assessed. Akinesia and surgical comfort was assessed by the surgeon just after the completion of anesthesia and at the end of the surgical procedure. In addition the method of administration of anesthetic, the anesthetic agents and volume used, the time between administration of anesthetic and operation and the type of surgery performed were all recorded.
Results: Pain and akinesia scores were significantly lower for sub-Tenon's anesthesia compared with peribulbar technique. However, no significant difference was noted for anxiety status in both groups. Surgical comfort was present during surgery in 91% patients in sub-Tenon's anesthesia group and in 9% cases it was not present. In peribulbar anesthesia group it was present in 75% cases and not present in 25% cases. There was significant difference ($p=0.002$) in both groups.
Conclusion: There was significant degree of advantage of sub-Tenon's anesthesia over peribulbar anesthesia in this study in almost all the aspects of the study that were pain and anxiety experienced by the patient, as well as preoperative akinesia and surgical comfort.

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