Sclerotherapy with Polidocanol for Treatment of Aneurysmal Bone Cyst

Authors
Gunjan Upadhyay1, Ghanapriya Singh2, Indrajit Sardar3, Madhulika Singh4
1 Calcutta Medical Research Institute, Diamond Harbour Road, Kolkata
   Ex Resident – Institute of Post Graduate Medical Education And Research.
2 Ass.Professor, Nituk (for technical and radiological support), PhD (IIT Delhi)
3 Senior Orthopaedic Consultant, Nightingale Hospital, Kolkata
4 Ex Resident, Maulana Azad Medical College, New Delhi

Abstract
Per cutaneous Sclerotherapy (1) is a safe alternative to surgery for Aneurysmal Bone Cyst.
We present a follow up case for the same.

Methods: We retrospective analyzed data from our patient with repeated injection of Polidocanol(2). Each
injection consisted of 2-4 mg polidocanol per kg of body weight.

Results: All cysts healed in time.

Interpretation: Our results shows percutaneous sclerotherapy with polidocanol has high efficiency in
treatment of ABC with a low frequency of side effect.
Aneurysmal bone cysts (ABC)(3) are rare expansile osteolytic tumour with annual incidence of 0.14 per 105.
Sclerosant acts by causing damage to endothelium of vessels and starting a coagulation cascade that results
in thrombosis.

Keywords: 1. Sclerotherapy 2. Polidocanol 3. Aneurysmal Bone Cyst.

Introduction
Aneurysmal bone cysts (ABC) is a rare tumour
found in adolescent age group, equally in both males and females (Jaffe & Lichtenstein -1942; Leithnes et al 1999).
ABC is expansile osteolytic tumour with incidence of 0.14/105.

Treatment options for ABC are
1. EMBOLIZE
2. CURETTAGE
3. BONE GRAFT & CEMENTATION
4. SCLEROTHERAPY

Polidocanol is used for varicose vein since 1960.
For ABC, Polidocanol was documently used by Jain et al. Rastogi et al in 2006, gave case series of 72 patient
with 97 % success rate
Varshney et al 2010-Sclerotherapy more effective than surgery.

We present our success with usage of polidocanol as sclerosant in ABC patients in study since 2017 till now.

Patients Selection
Radiologically and Cytologically confirmed ABC
patients with proper consent and after explanation
of all risks, complications and requirement of future
surgery (may be) were taken for treatment.
Patient and relatives were counselled and approval
was taken for publication.
Materials and Methods
Since 2017 till 2019, patients were treated and regular follow up was done.

Instruments: 18 G needle
2-4 mg Polidocanol/kg body weight

Methods
We used the 18 G needle to draw fluid aspirate, presence of blood in aspirate suggested active disease.
Routine 3 injection of polidocanol was given at 4 week interval. We needed maximum up to 6 such dosage before we found clinical & radiological improvement in few cases.

Results
After a mean follow up of about an year we could match our success with the earlier research done on similar project.
No patient had any recurrence or any major adverse effect.
Clinical conditioned improved and bone quality improved with gradual decrease in the size of cysts.

Figure 1: X-ray at first visit to clinic
Figure 2: MRI Report
Figure 3: First Injection Dose (21/1/18)
Figure 4: Second Injection Dose (25/2/18)
Figure 5: Third Injection Dose (26/03/18)
Discussion
Open curette and bone grafting has 30% recurrence. Wide en bloc excision -100% cures but the morbidity associated was not encouraging. Radiation therapy has also been tried. So the best available treatment was with sclerosant i.e. POLIDOCANOL. However need of multiple injection and prolong treatment appears as a disadvantage of the procedure. In our study we got excellent success with no recurrence till date & no complications like anaphylaxis etc. following the procedure. Hence we promote treatment of polidocanol therapy as sclerosant in ABC.
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