Myotonic dystrophy (DM) is a genetic disorder that affects CNS, cardiac, respiratory, gastrointestinal and muscular systems in ways that increase the risk of anesthesia.

Anesthesia Guidelines for pre-operative, inter-operative and post-operative care of DM patients, summarized below, are in the “Resources” section at www.myotonic.org.

Anesthetic Risks, as detailed in the Guidelines, result from DM effects that include:

- Cardiac conduction defects and potentially fatal arrhythmias
- Ventilatory insufficiency and poor airway protection
- Gastrointestinal dysmotility that frequently results in pseudo-obstruction
- Erratic responses to succinylcholine - though DM does not increase true malignant hyperthermia reactions, this drug should not be used in DM patients
- Prolonged and heightened sensitivity to sedatives and analgesics so that serious complications are most common in the post-anesthesia period; after anesthesia risk of aspiration and other complications are increased due to drug induced:
  - Reduction in level of consciousness
  - Exaggerated ventilatory weakness
  - Pharyngeal dysfunction with reduced airway protection
  - Gastrointestinal dysmotility and potential pseudo-obstruction

Methods to mitigate risk, detailed in the Guidelines, are summarized below:

- Preoperatively evaluate pulmonary, cardiac and gastrointestinal DM features in addition to its neurological and neuromuscular effects
- Use regional anesthesia when possible, alone or to reduce general anesthesia
- Avoid pre-medications (e.g. sedatives and opioids) to the extent possible
- Keep the patient warm
- Consider precautionary application of defibrillator/pacer pads
- On induction, anticipate aspiration, and avoid the use of succinylcholine
- Adhere to strict extubation criteria. Given DM effects on CNS, GI, ventilatory and pharyngeal function, prepare the patient for prolonged post-anesthesia mechanical ventilation, commonly after having fully regained consciousness
- Prepare the patient for prolonged ventilatory assistance, for example by prior initiation of BiPAP with a mask that is immediately available post-anesthesia
- Plan for continuous SpO2 and ECG monitoring post-anesthesia until the patient fully regains pre-operative status, or longer if analgesics or sedatives are used in the post-anesthesia period
- Manage postoperative pain without narcotics when possible
- Encourage aggressive pulmonary toilet after anesthesia, including by use of a mechanical cough-assistance device if necessary

To receive a PDF copy of the Anesthesia Guidelines via email, contact info@myotonic.org