

FESSH Travel Award 2019 – October 2019

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Dr. Piñal y Asociados

Madrid - Santander, Spain

Thanks to FESSH, I was given the chance to complete a one-month fellowship with Dr. Piñal and his team.

During this month I accompanied the team on both the operating room and consultation.

Their clinical activity divides among Mútua Montañesa, Clínica Mompía, Instituto Dr Piñal y Asociados and Hospital La Luz (Madrid).

I was able to observe and participate in a variety of surgical procedures:

- Toe to hand transfers;
- Distal radius fractures with arthroscopic control;
- Hand trauma: phalangeal and metacarpal fractures, tendon lacerations, vascular and nervous lesions, reimplantations;
- Hand arthrodesis: hamate-fifth metacarpal; metacarpophalangeal;
- Carpal bone fractures: scaphoid, hamate;
- Tendon pathology: ECU subluxation; DeQuervain disease;
- Spasticity and chronic nerve lesions: tendon transfers.
- Nerve compressions syndromes: carpal tunnel syndrome.

The ones that I must refer as the most interesting for my formation were:

- Toe to hand transfers: I had the opportunity to see these complex surgeries for cases of finger amputation due to trauma and burn injuries. Dr Piñal has an amazing series of cases with excellent success rates. This is a technique I was eager to see in order to fully

understand the main difficulties and some tricks that might make the difference;

- Tendon transfers in cases of spasticity: these surgeries are very demanding mainly when posing the indication to the patient. The results can be very rewarding for both patient and surgeon;
- Cases of difficult hand trauma: in the hospital where I work, we deal with a lot of cases of complex hand trauma, mainly related with industries that exist in the area. It is very important for me as a resident, to see how other surgeons deal with these difficult cases and how they solve problems we face every day.

I also had the chance to observe specific follow-up protocols that can really make the difference on how I will be handling patients in the future.

Additionally, the wonderful library that Dr. Piñal possesses allowed me to read updated journals and books during my stay, thus completing the more practical side of the fellowship.

I must thank Dr Piñal and his team (Dr. Ruas, Dr. Mazarrasa and Dr. Moraleda) for welcoming me in Santander and Madrid and for teaching me wonderful tips and tricks. I also thank the FESSH committee for the chance of completing this fellowship which I consider of major value for my formation as a plastic surgeon.