

Knee Arthroscopy: Procedure & Surgical Risks

- Outpatient Surgery
- Hospital or Surgery Center will contact you the day before about your time of arrival and specific instructions.
- After arrival, you will be evaluated by the anesthesia team and discuss different types of anesthesia and risks.
- Surgical procedure takes 30-60 minutes.

- Your knee will be prepped with a sterile solution. Two small incisions will be made along your knee. A sterile solution will be used to fill up your knee joint and an arthroscope (camera) will be inserted into your knee to visualize and diagnosis your problem. A variety of small surgical instruments (e.g., scissors, clamps, motorized shavers) are inserted into the second small incision to:
 - Remove or repair torn meniscal cartilage
 - Trimming of torn pieces of articular cartilage
 - Remove loose fragments of bone or cartilage
 - Remove inflamed synovial tissue or scar tissue

- You will be placed in a post-operative compression dressing with an Ace bandage. You will be moved to the recovery area. Instructions will be provided for wound care and restrictions. You will be permitted to bear weight on your operative leg as tolerated with crutches unless otherwise instructed.

- Prescriptions will be provided

- **Anesthesia Risks:** all risks of anesthesia will be discussed with you when meeting the anesthesia team on the date of your scheduled surgery.

- **Common Risks for Surgical procedures:** Risks of any surgical procedure are low but do occur and may include the following: (1) Blood loss (2) Infection (3) Blood clot (4) Pulmonary embolism---blood clot becomes dislodged and may travel to the lungs (5) Nerve injury (6) Blood vessel injury

- **Specific Risks to Knee Arthroscopy:** (1) Postoperative bleeding within the knee joint (2) Persistent swelling (3) Persistent pain (4) Stiffness (5) Knee ligament injury (6) Broken instruments inside the joint when performing surgery requiring open incision to remove (7) Tourniquet palsy which may cause some numbness & tingling in the foot (8) Compartment syndrome (9) Meniscal re-tear or failure to heal if repaired (10) Persistent muscle weakness.

**These are the most common risks of surgery however this does not include all risks of surgery that may occur.

This sheet was provided to assist in your understanding of your surgical procedure and potential risks. It is meant to supplement the information that was discussed with you in the office. The incidence of surgical complications are low, however risks of surgery do exist. This additional information attempts to educate you on these risks, benefits, and common complications that could possible occur. If you have any further questions, please feel free to contact the office. We feel it is important to educate our patients about their surgical procedures and options available to them. This sheet describes the most common aspect of a knee arthroscopy. Each patient's case and surgery is individual and may result