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Surgical consent for arthroscopic meniscal repair

All surgical procedures are associated with certain risks such as pain, bleeding, infection, scarring, damage to blood vessels or nerves, anesthetic-related complications, thromboembolic complications, and medical complications (such as heart attack, stroke, or death).

- **Pain:** In an effort to decrease pain you will be adequately anesthetized during surgery and will receive pain medications post-operatively.
- **Bleeding:** Given the fact that this is minimally invasive arthroscopic surgery, the risk of bleeding is minimal.
- **Infection:** The risk of infection is approximately 1%. You will receive antibiotics through your IV during surgery. In addition the surgery will be performed under sterile conditions. As a result post-operative antibiotics not routinely administered.
- **Thromboembolic complications:** Anytime surgery is performed on the lower extremities there is a theoretical risk of developing a blood clot in the legs or the lungs. This risk is approximately 1 in 10,000 cases in routine knee arthroscopy. As a result, the routine use of blood thinners following surgery is not routinely recommended because the risk of developing complications related to thinned blood and excessive bleeding and swelling outweighs the potential benefit of preventing a blood clot. If, however, you have a personal or family history of a blood clot or a clotting disorder, blood thinning medications are recommended; please be sure to discuss this with your surgeon. The use of compression stockings following surgery will help decrease your risk of developing a blood clot. In addition performing exercises, such as foot pumps, will also decrease the risk of developing a blood clot. Finally routine walking (but not excessive walking) after surgery will also help decrease your risk for developing a blood clot. If, however, you develop calf pain, chest pain, or shortness of breath after your surgery, please notify your surgeon immediately or proceed to the emergency department for further evaluation as these are symptoms sometime associated with the development of a blood clot.

Potential complications more unique to knee arthroscopic meniscal repair procedures include the following:

- Failure of meniscal repair to heal: The meniscus has a very limited blood supply. As a result healing potential is limited and failure of meniscal repair to heal is probably the most common complication associated with this surgical procedure. In order to decrease the risk of failure to heal, it is important to follow the instructions provided to you by your surgeon. It is important to avoid weightbearing after surgery if your surgeon recommends a period of non-weightbearing. It is also important to avoid range of motion beyond the confines allowed to you by your surgeon post-operatively. If the meniscus fails to heal it may be symptomatic and you may require future surgical procedures to remove the torn portion of the meniscus.
- Chondral injury: It is possible that during the procedure, the articular cartilage covering the surface of the bones may be inadvertently damaged by the surgical instruments.
- Further meniscal tearing: Even if a successful repair is performed, it is still possible that in the future you may develop additional or further meniscal tearing in a different location despite a well-done procedure.
- Stiffness: Stiffness is one of the most common complications following arthroscopic procedures of the knee. In order to prevent stiffness it is important to follow the post-operative instructions including knee bends. In addition physical therapy will be prescribed. Attending routine physical therapy sessions and performing a home exercise program on days that you are not in therapy will significantly decrease the risk for developing post-operative stiffness. Although it is important to perform range of motion exercises, please do not violate the restrictions given to you by your surgeon so that you do not risk disrupting the surgical repair.
- Failure to alleviate pain: It is theoretically possible that the surgery, although technically performed successfully, may not completely alleviate all of your symptoms.

Please print and sign your name below if you have read the information listed above and would like to proceed with surgery.

Patient Signature: _____ Date: _____

Printed Patient Name: _____