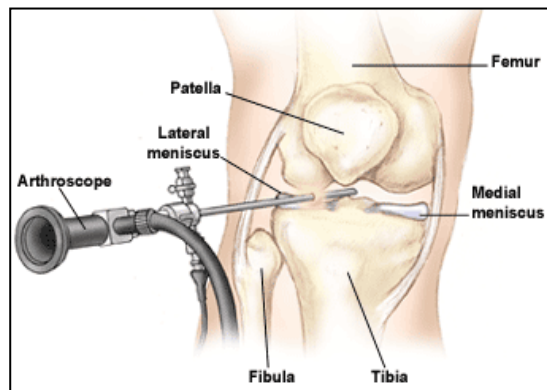


Operation Information

Arthroscopic Meniscal Surgery

Introduction

In the human knee, the menisci consist of fibrocartilage. It is important because it enhances static joint stability, absorb shock and load bearing. Unfortunately, menisci can be injured (by grinding force, twisting injury in sport). The torn portion may displace and become jammed in the knee joint blocking knee extension. The tear may also extend. The peripheral vascular portions are repairable. The inner parts are a vascular and may need to be trimmed, removed or contoured.



Source:
<http://www.aidmymeniscus.com/meniscus-injuries/meniscus-surgery.php>

Arthroscopy is an established method in orthopedic surgery. Its use include diagnostic as well as for therapeutic purposes for many conditions of the joints The advantages of arthroscopic assisted meniscal surgery are safe and accurate diagnosis, low morbidity, smaller wound and quicker recovery.

Indication

1. The knee joint is locked
2. The torn portion of the meniscus can jammed in the knee joint. Full extension is impossible. To extend the knee will provoke pain
3. Recurrent symptom of pain along the joint line

Procedure

1. The operation is performed under a general / spinal anaesthesia
2. Make an incision near the knee joint, and then insert the arthroscop
3. Use of arthroscop to perform the meniscal surgery

Possible Risks and Complications

1. General Risk:
 - i) Wound infection, swelling and bleeding
 - ii) Wound breakdown, pain and scar formation
 - iii) Flare up of preexisting illness
2. Specific Risk:
 - i) Reduce range of movement of knee
 - ii) Knee effusion
 - iii) Venous thrombo-embolism
 - iv) Recurrent tear of meniscus which may require further surgery
 - v) Major blood vessel or nerve injury, and may lead to loss of limbs

** It is impossible to mention all the possible complications that may happen and the above is only a few important complications which may occur. Before agreeing for the operation, you must acknowledge and accept the fact that no matter how ideal the situation may be, these events may occur. Damage to peripheral organ, severe haemorrhage and leakage after operation, it may require another operation to deal with the complications.

Pre-operation Preparation

1. Your doctor will explain to you the reason, the procedure and the possible complications. Patient will need to sign the consent form.
2. No food or drink is allowed six hours before operation (for general anesthesia).
3. Nursing staff will assist you to clean the skin and perform shaving if necessary.
4. Change to operation attires and removal of loose objects (e.g. dentures, jewellery, contact lens etc).
5. Empty bladder before surgery.

Post-operation Instruction

1. In general, diet as tolerated when fully conscious (please follow nursing staff's instruction).
2. Oral, intravenous or intramuscular analgesic as require. Pains usually settle down quickly after 1 to 3 days.
3. Cryotherapy and elevation to control swelling.
4. Most patients can weight bear with or without support immediate post operation. Braces are occasionally prescribed.
5. Can be discharged home 1 to 2 days after operation.

Advice on discharge

1. Please contact your attending doctor or go back to hospital for severe pain or redness of wound, swelling, purulent discharge, excessive bleeding and fever (body temperature above 38°C or 100°F) etc.
2. Please keep the wound dry and clean.
3. Follow up: Please attend the follow-up as arranged.

Possible Additional Procedures / Treatment

1. It may require arthroscopic lavage, debridement and/or removal of implant if infection.
2. It may require manipulation under anaesthetic if the joint become stiffness.
3. It may require revision if re-tear of repair.

Alternative Treatment

Conservative treatments: include muscle training exercise or bracing. Patient can also adjust their lifestyle to decrease their high demanding sport activities. The obvious disadvantage of conservative treatment is the uncertain diagnosis and the possibility that the meniscal tear can extend further leading to more knee joint damage.

Remarks: Should you have any enquiries, please consult your doctor.

Reference

Hospital Authority – Smart Patient (Website: http://www21.ha.org.hk/smartpatient/tc/operationstests_procedures.html)

Compiled by Union Hospital Consent Form Taskforce

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification