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ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ
ΧΕΙΡΟΥΡΓΙΚΗΣ
ΟΡΘΟΠΑΔΙΚΗΣ
ΚΑΙ ΤΡΑΥΜΑΤΟΛΟΓΙΑΣ



ΒΡΑΒΕΙΟ ΑΚΑΔΗΜΙΑΣ
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ΑΡΘΡΟΣΚΟΠΙΚΗ ΑΠΟΚΑΤΑΣΤΑΣΗ ΡΗΞΗΣ ΠΡΟΣΘΙΟΥ ΧΙΑΣΤΟΥ ΣΥΝΔΕΣΜΟΥ ΧΩΡΙΣ ΤΗ ΧΡΗΣΗ ΙΣΧΑΙΜΟΥ ΠΕΡΙΔΕΣΗΣ Ή ΠΑΡΟΧΕΤΕΥΣΗΣ

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 **METROPOLITAN**
H O S P I T A L



Arthroscopy Center
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BACKGROUND



✓ Many orthopaedic surgeons advocate the use of tourniquet during arthroscopic anterior cruciate ligament (ACL) reconstruction to reduce intra-operative blood loss and improve visibility. However, the use of tourniquet during knee arthroscopy is not without complications and remains debatable while there is a number of studies and reviews that focus on this subject.

✓ Furthermore, there are surgeons who use wound drainage after ACL reconstruction, although there are studies that have shown no apparent advantage of drain use. Surgeons support the use of wound drains in order to minimize the risk of limb swelling, deep vein thrombosis, intra-articular adhesions and joint stiffness. On the contrary, there are surgeons who believe that the use of a drain might increase the risk of infection or cause damage to the ACL graft and articular surfaces of the knee joint.



MATERIALS & METHODS

- ❖ 217 patients underwent ACL reconstruction between September 2015 and February 2020 without the use of tourniquet or drainage.
- ❖ The patients were 157 males with a mean age of 32 years (18-47) and 60 females with a mean age of 27 years (19-45).
- ❖ 182 cases with quadrupled two-tendon hamstring autograft
- ❖ 35 cases with bone-patellar-tendon-bone autograft (BPTB)

RESULTS

- ❑ Mean operative time was 63 minutes (58-76)
- ❑ No impairment or loss of visibility in any case. None of the cases required tourniquet use in order to improve visualization.
- ❑ During arthroscopy in the majority of the cases there was the opportunity to cauterize bleeding points.
- ❑ 4 patients presented with knee haematoma during the first postoperative day that needed aspiration to recede. After aspiration no further complications were noted.
- ❑ No infection or any other complications were noted.

DISCUSSION

- The use tourniquet during arthroscopic ACL reconstruction is not free of complications. Increased risk of nerve palsy, swelling and joint stiffness, decreased muscle endurance, functional weakness, electromyographic changes and vascular changes.
- Not using the tourniquet provides the opportunity to identify potential bleeding locations
- Decreased postoperative pain
Faster postoperative rehabilitation of the patient
- The mean operative time of the ACL reconstruction suggests that not using a tourniquet did not cause any delays.
- 98,2% of patients (213/217) without any local complications without the use of drainage



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