

Can local anesthesia be considered as gold standard in knee arthroscopy?



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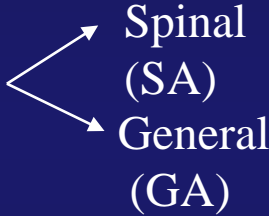


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Introduction

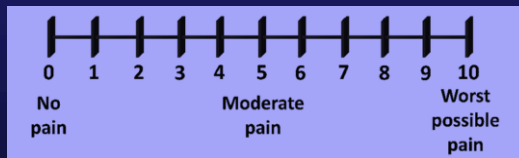
- Knee arthroscopy:
Can be used to treat a wide range of knee injuries or as a diagnostic method
- Most common type of anesthesia 
 - Spinal (SA)
 - General (GA)
- Little data on local anesthesia (LA)

The aim of our study: Efficacy of LA in knee arthroscopy.



Methods

- We performed a retrospective analysis of the efficacy of local anesthesia in patients undergoing knee arthroscopy over a period of 8 years.
- The anesthetic routinely used was:
 - 1) Xylocaine spray 10mg/dose for surface anesthesia.
 - 2) Ropivacaine 10mg/ml intra-articular
 - 3) Xylocaine 2% percutaneously at the portal site
 - 4) Diazepam iv in low doses (5mg) may be injected for muscle relaxation and BP control
- Evaluation of pain was made using **VAS score** during injection and during procedure.



Results

- 522 patients during 01/2014 - 06/2022 have been performed under LA
 - Gender distribution: 69,3% males-30,7% females
 - Mean age: 50,26yo (r.16-79yo)
 - Types of procedures underwent:
 - 1) Meniscus surgery (76%)
 - 2) Debridement (13%)
 - 3) Loose bodies removal
 - 4) Chondroplasty
 - 5) Plica Syndrome
 - 6) Lateral release-medial plication
 - 7) Removal of soft tissue abnormalities



Results

VAS measured in n=259	
During injection	During procedure
1.6 (SD 2)	0.8(SD 1.7)

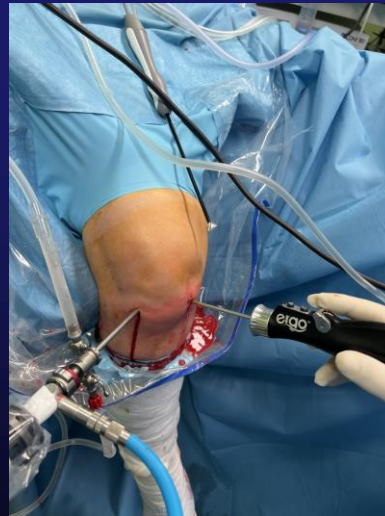
- We have not encountered any type 1 allergic reaction
- There were no side effects during related to the injection
- Two procedures were postponed due to local anesthesia failure
 - 1 technical mistake
 - 1 anxiety of patient



Results

Benefits of LA that led us use it in our clinical routine during knee arthroscopy:

- Shorter hospitalization than SA or LA
 - Less stress of the body
 - Cost-effective



Conclusions

- Our experience demonstrates that LA in arthroscopies is a convincing alternative to other forms of anesthesia and should further be considered as gold standard anesthesia in knee arthroscopy



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LIVING, BUT
TO MY
TEACHER FOR
LIVING WELL.



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THANK YOU

