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Prevention of Complications from Various Grafts Used in Anterior Cruciate Ligament Reconstruction: A Letter to the Editor

Ebrahim Piri[*1]

[1]*University of Mohaghegh Ardabili, Department of Sports Biomechanics, Iran*

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ABSTRACT

Anterior Cruciate Ligament (ACL) reconstruction is a standard procedure for restoring knee stability, utilizing autografts, allografts, or synthetic materials. Each graft type presents unique challenges: autografts risk donor site morbidity, allografts carry potential for disease transmission and delayed incorporation, and synthetic grafts may lead to synovitis or mechanical failure. To optimize outcomes and minimize complications, a comprehensive, individualized approach is essential. This includes careful preoperative patient assessment, precise surgical technique, and tailored postoperative rehabilitation coupled with patient education. The choice of graft must balance risks and benefits according to patient-specific factors and surgical expertise. Continued research into graft biology and surgical methods remains crucial for improving long-term results.

1. INTRODUCTION

Dear Editor

Anterior Cruciate Ligament (ACL) reconstruction is a common orthopedic surgery, particularly in active populations and athletes. ACL injuries occur in about 1 in 3,000 people per year globally [1]. Reconstruction using autografts, allografts, or synthetic materials has become the standard of care for restoring knee stability and function [2]. However, each graft type carries specific risks that require careful management to optimize outcomes. Autografts, such as the patellar tendon or hamstring tendon, are frequently chosen for their excellent integration potential and low rejection risk. However, donor site morbidity remains a significant concern. Strategies to minimize complications include meticulous surgical technique, preoperative education about expected recovery, and advancements in rehabilitation protocols to address associated weaknesses or discomfort at the harvest site [3].

Allografts, derived from cadaveric tissue, are popular for their reduced operative time and avoidance of donor site morbidity. Nevertheless, the risks of disease transmission, immune reaction, and delayed graft incorporation necessitate stringent donor screening and sterilization processes. The use of biologic augmentation or growth factors is an emerging approach to enhance allograft healing. Synthetic grafts, though less commonly used, have shown promise in select populations. Yet, they are prone to complications such as synovitis or mechanical failure over time. Ongoing innovations in biomaterials and design may mitigate these issues in the future. To prevent complications regardless of graft type, it is imperative to adopt a comprehensive approach. This includes: 1- Preoperative Assessment: Patient selection based on activity level, comorbidities, and graft-specific considerations. 2- Surgical Precision: Employing minimally invasive techniques and ensuring accurate graft positioning to avoid complications like graft impingement or elongation. 3- Postoperative Rehabilitation: Tailoring

[*]**Corresponding author**
[*]e-mail: ebrahimm.piri@gmail.com
ORCID ID: 0000-0001-9188-9746

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rehabilitation to graft type and patient-specific factors to promote optimal healing and function. 4-Patient Education: Providing clear guidance on activity modification and expectations to reduce the risk of reinjury or dissatisfaction.

The choice of graft should be individualized, weighing the risks and benefits in the context of patient needs and surgeon expertise. Moreover, continued research into graft biology, surgical techniques, and postoperative care will be pivotal in minimizing complications and improving long-term outcomes.

Conflict of Interest

The author declares that there are no conflicts of interest related to the publication of this case study.

Ethics Committee

This article is a Letter to the Editor.

Author Contributions

EP; Conceptualization and study design, Methodology, Writing.

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