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injecting a water soluble 0.1% to 4% alginate solution into the intra-articular space prior to or after closing the surgical site; and

injecting a 0.5% to 2% complexing solution of water soluble cations into said intraarticular space.

2. The method for preventing adhesions as set forth in claim 1 wherein said alginate is selected from the group consisting of sodium alginate, alginic acid, calcium alginate, magnesium alginate, potassium alginate and a combination thereof.

3. The method for preventing adhesions between tissues as set forth in claim 2 wherein said alginate solution and said complexing solution are injected simultaneously.

4. The method for preventing adhesions as set forth in claim 2 wherein said step of simultaneously injecting said alginate solution and said complexing solution is done with a double lumen needle.

5. The method for preventing adhesions between tissues as set forth in claim 1 wherein said complexing solution is injected after said alginate solution is injected.

6. The method for preventing adhesions between tissues as set forth in claim 1 wherein said complexing solution is selected from the group consisting of magnesium chloride, calcium sulfate, calcium chloride and a combination thereof.

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7. A method for preventing adhesions in situ between tissues comprising the steps of:

placing a water soluble 0.1% to 4% alginate solution between the tissues; and

cross-linking the alginate by placing a 0.5% to 2% complexing solution of water soluble cations between the tissues.

8. The method for preventing adhesions as set forth in claim 7 wherein said alginate is selected from the group consisting of sodium alginate, alginic acid, calcium alginate, magnesium alginate, potassium alginate and a combination thereof.

9. The method for preventing adhesions between tissues as set forth in claim 7 wherein said alginate solution and said complexing solution are injected simultaneously.

10. The method for preventing adhesions as set forth in claim 7 wherein said step of simultaneously injecting said alginate solution and said complexing solution is done with a double lumen needle.

11. The method for preventing adhesions between tissues as set forth in claim 7 wherein said complexing solution is injected after said alginate solution is injected.

12. The method for preventing adhesions between tissues as set forth in claim 7 wherein said complexing solution is selected from the group consisting of magnesium chloride, calcium sulfate, calcium chloride and a combination thereof.

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