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Knee arthroscopy

Introduction

The knee is a complex joint with numerous ligaments, cartilage discs and specialized cartilage that covers bony surfaces. These structures can get damaged due to injury, degeneration (wear and tear) or other systemic diseases. Arthroscopy (key-hole surgery) is a small procedure that allows us to see and repair damaged structures inside the knee joint without making large incisions.

The Operation

You will be admitted to the hospital on the morning of surgery and may required to stay overnight. Most patients are able to go home the same day if the surgery is performed in the morning.

During surgery I insert a narrow tube attached to a fiber-optic video camera through a small incision — about the size of a buttonhole. The view inside your joint is transmitted to a high-definition video monitor. This allows me to see inside your joint and perform the necessary procedure using pencil thin instruments through 2 or 3 small incisions.

A small drainage tube is left in the knee to drain remaining fluid. This drain is removed later together with the bandage around your knee

Possible Complications

There is always risks involved with surgery, but complications during arthroscopic knee surgery are very rare in our practice. Possible surgical related problems that can occur are, infection, bleeding, blood clot formation, stiffness, and numbness around the surgical scars. Medicine to prevent blood clot formation is not routinely given due to the unwanted side effects of these drugs. We rather focus on early mobilization and good hydration to prevent these rare occurrences. Isolated high risk cases are however treated with clot prevention therapy.

After the Surgery

You will be able to go home the following day or in some cases the same day of surgery. In most cases you are immediately allowed to bear full weight on the leg. Crutches may be provided for patient comfort for the first few days.

Absorbable stitches are used and need not to be removed. The dressings over the wounds must remain on the knee for 10 days. After this, you are allowed to shower with open wounds. Do not soak your knee in a bath before 2 weeks after surgery.

Swelling of the knee is normal in the first 6 weeks after surgery. Severe swelling may need later aspiration, but this occur rarely.

Your knee will take approximately 4 to 6 weeks to heal although this depends on findings during your surgery. Persistent pain after knee arthroscopy is usually associated with osteoarthritis for which the arthroscopy will only give temporary relief. I will discuss your operation's results with you before you leave the hospital

We wish you a speedy recovery

