

What is knee arthroscopy?

It is a “keyhole” surgery to obtain access to the knee joint. A camera is utilized to visualize the joint and problems are addressed through these “keyholes”



When is a knee arthroscopy is used?

Arthroscopy can be utilized to evaluate a joint, repair damaged cartilage, repair menisci, removal of loose bodies, partial or total removal of menisci.

How is the knee arthroscopy done?

It is normally done with a tourniquet applied to your thigh. The limb is prepared with cleaning solution to make the area sterile. Access portals are established on the front of the knee, sometimes additional are required. A camera is inserted through one of the portals while the other is used as a “working” portal

The entire knee is visualised in systematic way and photos are taken throughout the procedure. Pathology is addressed with various instrumentation.

When can I get back to work or sport?

It is quite common that most patients will be able to walk immediately after surgery. Patients can go home the same day of surgery. There will be a big bulky dressing that can be debulked in 3 days.

It's often possible to return to work and light, physical activities within a few weeks. Demanding physical activities such as lifting and sport may not be possible for several months. Speak to your doctor as each person's pathology and requirements are different and this will impact when you can return to these activities.

What are the risks?

Arthroscopy is safe procedure, but it is surgery and does have risks. The potential of a serious complication is 1%. Complications include such as blood clot, known as deep vein thrombosis (DVT), infection of the knee joint, infection of the surgical site, bleeding inside the joint, accidental damage to nerves that can lead to temporary or permanent numbness.

It is normal to have swelling, bruising, stiffness and discomfort after an arthroscopy. This will subside and improve in the following days and weeks following the procedure.

Speak to your surgeon and ask the possible risks arthroscopy.