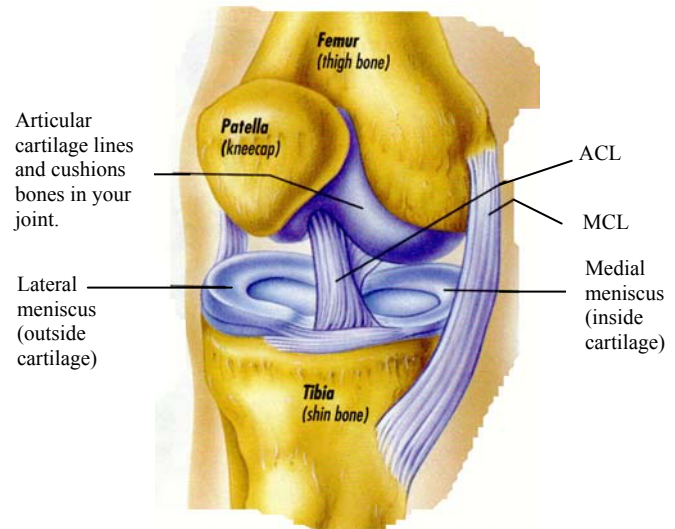


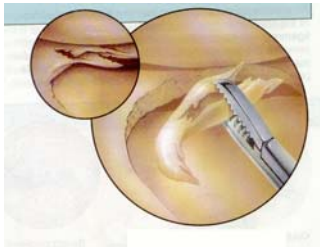
KNEE ARTHROSCOPY



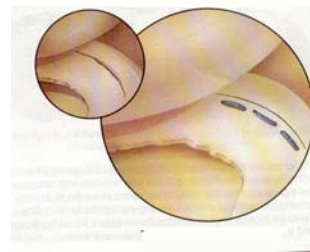
The normal knee

Knee arthroscopy is an operation that involves inserting a small camera into your knee. The camera sends an image of the inside of your knee to a screen. Instruments are inserted into the knee through a second small incision at the front of the knee.

MENISCAL (CARTILAGE) TEARS



Removal of torn meniscal flap



Repair of bucket handle tear

Meniscal tears are usually removed. However, in younger patients (<25 years old) with extensive tears, a meniscal repair may be performed. This is a more extensive operation than a simple excision. Additional incisions, 2–3 weeks on crutches post-operatively and no sport for 4–6 months are required. Meniscal repair is successful in ~70% of cases.

CARTILAGE WEAR (ARTHRITIS)



Aging or injury may wear away articular (joint lining) cartilage. This is the gristle that normally covers the end of the bone. This is treated by smoothing the roughened areas, removing any loose fragments and occasionally scraping any exposed bone to try and make the cartilage recover.

KNEE ARTHROSCOPY

1. You will only need to remain in hospital for the day.
2. Stop taking any anti-inflammatory tablets 7 days before your operation.
3. If you smoke, now is a good time to stop. This will reduce the risk of surgical complications.
4. Do not eat or drink anything, including water, for 6 hours before surgery.
5. Arrange for someone to drive you home after your operation.
6. Make an appointment to see me 7-14 days after your surgery.
7. You will be given written instructions on how to look after your operated knee when you leave hospital.
8. You will be able to walk immediately after your operation.
9. You should be able to return to light and clerical work duties within a week. If your work is physically demanding it may be anywhere from 2-6 weeks before you will be able to get back to that work. This will depend on what procedure you require and how you respond post-operatively.
10. You will be advised in hospital whether you require physiotherapy. In general, physiotherapy hastens the recovery.
11. You may drive once you have control of your leg and can walk fairly comfortably. This usually occurs within a few days.

RISKS AND COMPLICATIONS

As with any operation, arthroscopy has risks. These can include swelling and stiffness, bleeding, blood clots, infection, or continuing knee problems.

Arthroscopic knee surgery is successful in over 95% of cases.