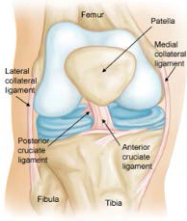


Knee arthroscopy



This is a common surgical procedure in which the internal aspect of a knee joint is viewed using a small camera. This camera and other instruments for the treatment of various knee conditions are passed through small incisions <1cm (key hole surgery). Technical advances have led to high definition monitors and high resolution cameras. These and other improvements have made arthroscopy a very effective tool in the treatment of many knee problems.

Knee arthroscopy is a surgical procedure that is particularly effective in treating symptoms of persistent pain, catching or recurrent swelling of the knee. These symptoms usually occur due to sport, work or accidental injuries which lead to tearing and damage to the lining cartilage or semicircular cushions called menisci that act as shock absorbers and stabilizers of the joint.

Knee arthroscopy is typically performed as a day surgery procedure under general anaesthesia. During the procedure a small camera (the size of a pen) and specialized instruments are used to view the inner aspect of the knee including the cartilage, menisci and ligaments. The surgeon can feel these structures for quality and integrity, remove any loose bodies or torn cartilage, or repair damaged tissues if possible.



After a knee arthroscopy, a patient would have bandage dressings around the knee as well as inner adhesive dressings covering the surgical wounds. Walking and range of motion exercises can be started immediately and most patients are able to walk unaided immediately after the surgery. Patients are usually discharged home on anti-inflammatory and analgesic medications. The outer bandages should be left in place for 48 hours then removed and the inner dressings should be left in place until review by Dr Khatib in clinic approximately 2 weeks after the surgery. Patients are able to wash their operated leg with the inner dressings in place within the first 2 weeks.

Most patients who undergo knee arthroscopic surgery experience considerable reduction in knee symptoms. If you have symptoms of catching, persistent pain and recurrent knee swelling please discuss your symptoms with your local medical practitioner and if appropriate a referral can be obtained for review by Dr Khatib in one of our clinic locations.