

## **Arthroscopy**

### **Introduction**

Arthroscopy is common use in the knee, ankle and shoulder joints. It is used to visualize the interior condition of the joint, by using a small fiber optic tube called arthroscopy.

### **Purpose**

Through visualize the interior condition of a joint, diagnosis and the repair could be made by the assistance of arthroscopy.

### **Pre-operative Preparation**

- Body check e.g. blood test, x-ray, urinalysis, electro-cardiogram etc.
- Pre-operative bath and enema.
- Stop eating and drinking at the prescribed time.
- Anaesthetist may be consulted if necessary and decide the mode of anaesthesia such as general, regional or spinal anaesthesia.
- A written consent is required.

### **Procedure**

Surgeon will make a few small incisions on patient's skin and inserts pen-sized instruments into the joint. Together with the use of other devices, e.g. surgical knife, television camera etc, the surgeon could examine, manipulate or repair the internal structure of the joint.

### **Post –operative care**

- Diet can be resumed once the patient is fully conscious.
- You may experience some wound pain which could be relieved by analgesics.
- Ice therapy may help to relieve pain and control swelling.
- Initially, the operated site will be bulkily dressed and elevated to prevent swelling. Splint or brace may be made to protect the affected limb.
- The principle of the wound care is keep it clean and dry.
- Avoid excessive movement of the operated limb.
- If necessary, you may be referred to physiotherapist for muscle strengthening exercise and training.

### **Complications**

Rare, but may have infection, excessive swelling or bleeding.

### **Follow up**

Follow up as scheduled. Get well Soon!

Developed by:

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