

## Arthroscopy

**Arthroscopy** is a common surgical procedure in which a joint (art-ro) is examined (-scopy) using a small camera. Arthroscopy gives doctors a clear idea of the inside of the knee. This helps them diagnose and treat knee problems.

Technological advances have led to high-definition monitors and high-resolution cameras. These and other improvements have made knee joint arthroscopy a very effective treatment tool. According to the Ministry of Health of the Russian Federation and the Orthopedic Society of Sports Medicine, more than 4,000,000 operations on arthroscopy of the knee joint are performed worldwide every year.

### Description

Arthroscopy is done through small incisions. During the procedure, your orthopedic surgeon inserts an arthroscope (a small pencil-sized camera) into your knee joint. Arthroscope transfers the image to a television monitor. On the monitor, the surgeon can see the structure of the knee in great detail. An orthopedic surgeon may use arthroscopy to examine, repair, or remove damaged tissue. To do this, small surgical instruments are inserted through other incisions around the knee joint.

### Preparation for knee arthroscopy

Arthroscopic picture of a torn anterior cruciate ligament [yellow star].

If you decide to have a knee arthroscopy, you may need a full physical examination with your family doctor before the operation. He or she will evaluate your health and identify any problems that may interfere with the operation.

Before surgery, tell your orthopedic surgeon about any medications or supplements you are taking. He or she will tell you which medicines to stop taking before surgery.

Your orthopedic surgeon can order preoperative tests to help plan your procedure. These may include a blood test or an electrocardiogram.

### Surgery

Almost all arthroscopic knee surgery is done on an outpatient basis.

### Arrival

Our specialists will contact you by e-mail to clarify specific details about your meeting. You will probably be asked to come to the hospital an hour or two before surgery. Do not eat or drink after midnight the night before surgery.

### Anesthesia

When you first arrive for surgery, the team anesthetist will speak with you. Arthroscopy can be performed under local, regional or general anesthesia.

- Local anesthesia causes numbness of only the knee.
- Regional anesthesia causes numbness below the waist.
- General anesthesia sends you to sleep.

An anesthetist will help you decide which method is best for you.

If you have local or regional anesthesia, you may be able to observe the procedure on the TV screen.

## **Procedure**

An orthopedic surgeon will make several small incisions in the knee. A sterile solution will be used to fill the knee joint. This will help your orthopedic surgeon see your knee clearly and in detail.

### **Arthroscopy of the knee**

Close up meniscus recovery.

The first task of your surgeon is to correctly diagnose the problem. He or she will insert an arthroscope and use the images projected onto the screen to guide it. If surgical treatment is required, your surgeon will insert tiny instruments through other small incisions. It can be scissors, motorized razors or lasers.

The procedure lasts from 30 minutes to an hour. How long depends on the study.

Arthroscopy for the knee is most often used for:

- Removal or restoration of torn meniscus cartilage
- Reconstruction of a torn anterior cruciate ligament
- Trimming scraps of articular cartilage
- Removal of loose fragments of bone or cartilage
- Removal of inflamed synovial tissue

Your surgeon can cover the incisions with staples or sterile strips (small bandages) and cover them with a soft bandage.

You will be moved to a postoperative ward and may be able to sing to your place of residence for one or two hours. To be sure, take someone with you to take home.

### **What happens after surgery?**

Arthroscopy of the knee lasts for approximately one hour. In most cases, patients are discharged from the hospital on the day of surgery.

After surgery, your knee will be bandaged to protect the knee and minimize pain and swelling. Ice can be applied to the knee, which will also help prevent swelling and pain. Be careful with the bandages on your knee. And do not forget to come for an examination two days after the operation. You will also be given pain medication after surgery to reduce knee pain. Do not attempt to drive or go to work or school while taking pain medication.

When dressing, a slight discharge of blood on the bandage is possible.

When you rest, make sure your knee is raised higher than your heart level, put your foot on two or three pillows, your back should be straight, when you