

## **Arthroscopy Q & A**

### **What is arthroscopy?**

Arthroscopy is a minimally invasive procedure that allows your orthopedist to examine the inside of a joint without having to make a large incision. An arthroscope is a thin, pencil-like device that has a light and a camera mounted on its tip. When your surgeon inserts the arthroscope into your joint, it sends a video feed to a monitor in your treatment room. Your doctor examines the inside of your joint and, in some cases, can perform minor procedures to address joint pain.

### **Why would I need arthroscopy?**

If you have joint pain that's interfering with your mobility and quality of life, arthroscopy is one of the diagnostic tools your orthopaedic surgeon may use to help identify the cause of your pain. Our skilled orthopaedic team uses arthroscopy in combination with X-rays and MRIs to diagnose problems in your knees, shoulders, wrists, and other joints.

### **What happens during an arthroscopy?**

Arthroscopy is a minimally invasive outpatient procedure but still requires anesthesia to ensure your comfort. Once you are prepared and sedated, the team makes a small incision near your joint. Depending on your needs and the joint being treated, they may make additional small incisions to help access another part of your joint.

When the arthroscope is in place, the doctor examines the inside of your joint, looking for signs of arthritis, injuries, or inflammation. In some cases, he may remove small pieces of debris from your joint or perform minor repairs. Your surgeon removes the arthroscope and other surgical tools when your procedure is complete. They close the incisions with a stitch and apply a bandage.

### **What should I expect while recovering from arthroscopy?**

You will need a friend or family member to drive you home after your surgery. Your surgeon gives you personalized instructions for aftercare. However, in most cases, you can go home to recover and manage any discomfort with ice packs and over-the-counter pain relievers. You also have a follow-up appointment with your surgeon so they can remove your stitches, check your recovery progress, and plan your rehabilitation program.