Patient Information Leaflet:

Knee Arthroscopy

Introduction

This leaflet provides information about knee arthroscopy, a surgical procedure to examine and treat problems within the knee joint using a small camera called an arthroscope. It is designed to help you understand the procedure, what to expect before, during and after surgery, and potential complications.

The Procedure

Knee arthroscopy involves making small incisions around the knee and inserting a thin, lighted tube (arthroscope) equipped with a camera. This allows your surgeon to view the inside of your knee joint on a video monitor. Depending on the findings, procedures such as meniscus removal, repair or removal of loose bodies may be performed.

Anaesthesia

Most knee arthroscopy procedures are performed under spinal anaesthesia, where the lower part of your body is numbed. You will be awake during the surgery but will not feel any pain.

Thromboprophylaxis

Thromboprophylaxis (medication to prevent blood clots) is usually not required for knee arthroscopy. However, this will be discussed with you on an individual basis.

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Before Surgery

- You will be asked to undergo blood tests and other investigations.
- **You may be asked meet with an anaesthetist for a pre-assessment appointment. It is important to bring all your medications to this appointment.**
- You may need to stop taking certain medications before surgery.
- You will be given specific instructions about fasting before surgery.
- It is important to inform your surgeon about any allergies or medical conditions.

The Operation

The surgery typically takes about 30-60 minutes. You will be taken to the recovery room immediately after the surgery.

After Surgery

- You will be encouraged to move your knee as soon as possible to prevent stiffness.
- Pain management will be provided.
- You can expect to be discharged from the hospital on the same day as your surgery.
- Physical therapy will be essential for your recovery.

Potential Complications

- Infection
- Stiffness
- Blood clots
- Nerve damage
- Ongoing symptoms

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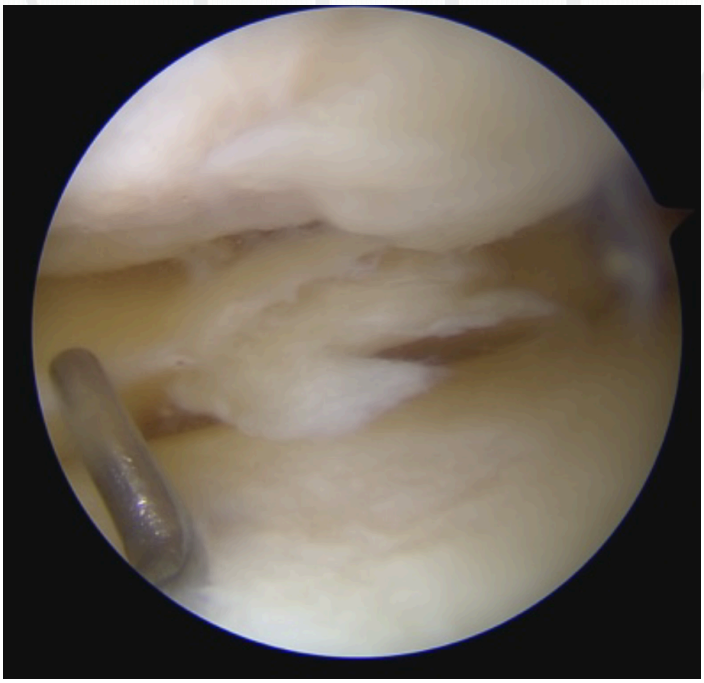
It is important to note that arthroscopy cannot reverse cartilage loss. If your knee pain is primarily due to cartilage damage, you may continue to experience some pain after surgery.

Approximately 10% of patients report dissatisfaction with the outcome of the surgery. This can be due to various factors, including persistent pain, limited mobility, or unrealistic expectations.

LIMASSOL ORTHOPAEDIC CENTRE

Conclusion

This leaflet provides general information about knee arthroscopy. It is essential to discuss your specific situation with your surgeon. Please do not hesitate to ask any questions you may have. Full recovery after knee arthroscopy can vary depending on the procedure performed, but you can expect to return to normal activities within a few weeks.



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