

Patient guide

Advance Orthopaedic & Sports Injury Centre, Ballari

Knee arthroscopy

A camera inside the knee, through small openings, when the joint itself needs to be seen or treated.

Knee arthroscopy uses a camera and fine tools through small portals. It is how ligament and meniscus work is done, and how some loose bodies or cartilage problems are treated. It is not a treatment for every painful arthritic knee.

Duration: Often under an hour. — your list may differ.

Anaesthesia: Often regional or general. Confirmed on the day.

Stay: Many arthroscopies are day-care.

Recovery: Desk work is often discussed in days to a few weeks. Sport takes longer.

1. Anaesthesia — Regional or general.
2. Camera — The joint is filled with fluid and inspected in a set order.
3. Treat — Only the planned problem, plus anything unsafe that is found.
4. Dress and move — Small dressings. Movement usually starts the same day.

You should know, before the day, what the camera is going in to do.

This sheet is general information. It is not a personal plan.