



Knee Arthroscopy

Arthroscopy is a common surgical procedure in which a joint is viewed using a small camera. Small cuts are made to insert the camera and small surgical tools into your knee for the procedure. Arthroscopy gives your surgeon a clear view of the inside of the knee to help them diagnose and treat knee problems.

Your surgeon can use arthroscopy to feel, repair or remove damaged tissue. To do this, small surgical instruments are inserted through other incisions around your knee.

Arthroscopy for the knee is most commonly used for:

- Removal or repair of torn meniscal cartilage
- Reconstruction of a torn anterior cruciate ligament
- Trimming of torn pieces of articular cartilage
- Removal of loose fragments of bone or cartilage
- Removal of inflamed synovial tissue

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

The procedure:

Your surgeon will make a few small incisions in your knee. He or she will insert the arthroscope and use the image projected on the screen to guide it. If surgical treatment is needed, your surgeon will insert tiny instruments through another small incision.

This part of the procedure usually lasts 30 minutes to over an hour. How long it takes depends upon the findings and the treatment necessary.

After the procedure:

Unless you have had a ligament reconstruction, you should be able to return to most physical activities after 6 to 8 weeks, or sometimes much sooner. Higher impact activities may need to be avoided for a longer time. You will need to talk with your surgeon before returning to intense physical activities.