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# LONDON KNEE SURGERY

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## **Knee Arthroscopy**

**+/- meniscal shaving, knee joint washout, meniscectomy, foreign/ loose body removal, lateral release, microfracture, radiofrequency ablation**

### ***PROCEDURE:***

An arthroscopy means “looking into a joint” with a camera. It allows the surgeon to examine the knee joint and perform some operations without having to open the knee completely.

The surgeon might not be able to say exactly what needs to be done until they are looking inside the knee. Therefore the consent form is non-specific. It allows the surgeon to treat most abnormalities found during the operation.

You may be able to drive within a week and may return to work as soon as walking long distances is comfortable. Returning to work naturally depends upon your profession.

You may be told to avoid sport for a period time, but talk to your surgeon after the operation.

### ***ALTERNATIVE PROCEDURE:***

If not already done, an MRI scan may be performed. This will however only aid diagnosis of a problem and not treat it.

Physiotherapy may also be of great benefit.

The procedure may also be done purely as an open procedure (an arthrotomy). This involves making a larger cut (incision) and opening the knee joint. This is rarely done now because arthroscopy is so successful and has much fewer complications (in/ by comparison).