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Knee Arthroscopy Explained

UNDERSTANDING KNEE ARTHROSCOPY (KEYHOLE) SURGERY

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Knee Arthroscopy Explained

What is Knee Arthroscopy?

Knee arthroscopy is sometimes called keyhole surgery. It involves your surgeon making two small incisions on the front of your knee. One on each side just below the kneecap. These incisions are only about 1cm long.

Your surgeon puts a camera, called an arthroscope, in through one of these small incisions. This allows your surgeon to see all around the various parts of the knee.

The other incision is used for introducing small instruments that your surgeon can use to fix any problems they find inside the knee. Sometimes a third small incision may also be used for introducing instruments but this is fairly uncommon.

What is arthroscopy used for?

Arthroscopy can be used to treat a number of knee problems. Sometimes it is used just to diagnose what the problem with your knee is.

The most common use of arthroscopy is to treat tears of the meniscus or ring cartilages inside your knee.

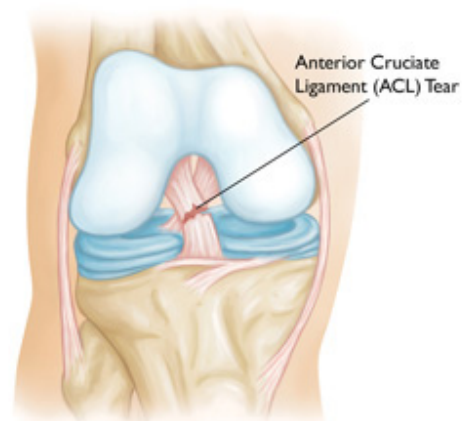
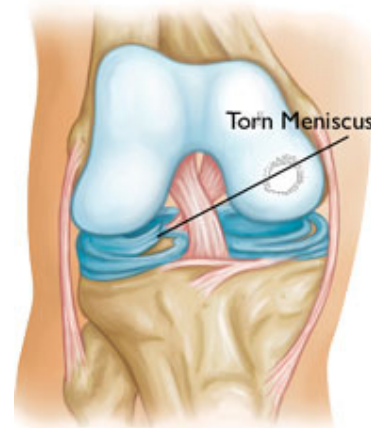
Another very common use is to treat ligament injuries in the knee, particularly injuries to the ACL (anterior cruciate ligament). Arthroscopy can also be used to treat some injuries to the smooth cartilage which covers the ends of the bones.

How long will I be in hospital?

This will depend on the reason you are having your arthroscopy.

If your arthroscopy is being done to treat a meniscus injury you will usually come to hospital, have your arthroscopy and go home on the same day. If you are having your arthroscopy to treat an ACL injury you may stay in hospital overnight and go home the next morning.

How long it takes to fully recover from surgery will also depend on the reason you are having your arthroscopy. For more information on this see the information sheets on meniscus injuries and ACL injuries.



FIND OUT HOW KNEE ARTHROSCOPY CAN BENEFIT YOU

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