



Operation Information

Arthroscopy of Knee

Introduction

Knee arthroscopy is one of the most commonly used minimally invasive procedures for the diagnosis and treatment of knee injuries. Arthroscope is a thin metal tube that equipped with light source and camera. Its length and width is similar with a drinking straw. The doctor will able to see the images that inside the knee through a video screen or an eyepiece. The procedure might be recommended if you have problems such as persistent knee pain, swelling or stiffness, and other non-invasive investigations that unable to identify the cause.

Outcomes

The expected outcomes of this operation is determined by different indications. It is commonly used to make diagnosis and allow the doctor to treat certain knee conditions. When compare with the traditional surgery, the advantages may include:

- Less pain after the operation
- Faster healing time
- Lower risk of infection
- Smaller scars

Procedures

1. The operation is performed under general or spinal anaesthesia.
2. Several small incisions are made on the knee joint.
3. An arthroscope and fine instruments are inserted through small incisions.
4. The diagnosis is made or the problem is remedied with the aid of arthroscope.
5. Wounds are closed with stitches and padded with sterile dressing.

Possible Risks and Complications:

1. Infection
2. Bleeding
3. Poor wound healing
4. Thrombophlebitis (Blood clot)
5. Deep vein thrombosis (DVT)
6. Damage to the major blood vessel or nerves
7. Damage to the cartilage, meniscus, or ligaments in the knee
8. Knee stiffness

** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all operations are carried out with utmost professionalism and care this does not rule out the possibility of complications arising. In the event of peripheral organ damage or post-operative haemorrhage or leakage, further operations may be required.

Pre-operative Preparations

1. Good hygiene can prevent surgical wound infection.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the operation.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia. Please inform doctor if you are taking medications that affect blood coagulation, such as Aspirin, Warfarin, Xarelto or Pradaxa and Chinese medication.
4. The surgical area will be shaved by the nursing staff if necessary.
5. Nurse will supply a surgical soap to you for wash the surgical area.
6. No food or drink six hours before operation.
7. Please change into a surgical gown after removing all belongings including undergarments, dentures, jewelry and contact lenses.
8. Please empty your bladder before the operation.

Post-operative Instructions

General

1. After general anaesthesia, you may:
 - experience discomfort in the throat after tracheal intubation.
 - experience side effects of anesthesia including feel tired, drowsy, nausea or vomiting. Inform the nurse if symptoms persist or worsen.
2. Please inform the nurse of wound pain. Proper pain relief treatment by injection or oral medication may be prescribed by the doctor.

Wound Care

1. The wound is covered with a sterile dressing which must be kept clean and dry.
2. Keep your leg elevated as much as possible for the first few days after surgery. Apply ice pad as recommended by your doctor to relieve swelling and pain.

Diet

A normal diet may be resumed as instructed after recovery from general anaesthesia.

Activities

1. Your doctor will advise you for ambulatory training depends on your surgery.
2. Walking aids may be used in the early stages of recovery to aid mobility.

Advices on Discharge

1. The wound must be kept clean and dry.
2. Immediately consult your doctor or return to hospital for professional attention in the event of fever, chills, persistent warmth or redness around the knee, persistent or increased pain, significant swelling in your knee, increasing pain in your calf muscle, shivering, high fever over 38°C or 100°F, or any other unusual symptoms etc.
3. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification

