Diagnostic Arthroscopy

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**Diagnostic Arthroscopy Introduction**

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**Incision**

Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

**Visualization**

The scope is inserted into the knee. Saline solution flows through a tube (cannula) and into the knee to expand the joint and to improve visualization. The image is sent to a video monitor where the surgeon can see inside the joint.
**Diagnosis**
Using the video monitor as a guide, the surgeon can make a diagnosis. A variety of surgical instruments like this probe can be inserted through other incisions to treat specific problems.

**End Of Procedure**
The surgical instruments are removed and the procedure is completed.
QUESTIONS FOR YOUR DOCTOR

1. What guidelines should I follow prior to my procedure? Will I need other tests or evaluations before the procedure?

2. What will happen if I don’t undergo the procedure now?

3. How long will the procedure last and will I be under anesthesia?

4. Will I have dressings, bandages, or stitches after the procedure? When should they be removed?

5. Will I be given medication after the procedure? What tips do you have for me to ease discomfort?

6. How long of a recovery period can I expect, and what kind of help will I need during my recovery? Are there special instructions for eating, sleeping, or bathing?

7. When can I bear full weight on my knee after the procedure?

8. When can I return to work, resume normal activity, drive, and exercise?

9. Will I need to come back for appointments after the procedure?