Diagnostic Arthroscopy

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Diagnostic Arthroscopy Introduction

Arthroscopic surgery allows diagnosis and treatment of joint problems through small incisions in the skin. A camera attached to a scope is used to see inside your joint.

Incisions

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 back of the shoulder. Saline solution flows through a tube (cannula) and into the shoulder 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 return to work, resume normal activity, drive, and exercise?

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