Synovial Problems – Removal of Inflamed Synovium

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**Removal of Inflamed Synovium Introduction**

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**Synovial Problems**

When part of your synovium becomes inflamed, it can cause your entire joint to swell and become tender. Your plica is a fold within the synovium that is located near the knee cap. When your knee cap glides back and forth, it can pinch the plica causing pain.

**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 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.

Removal
A specialized surgical instrument is used to remove the inflamed synovium.

End of Procedure
After the removal is finished, 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. Which type of repair will you perform and why is it the appropriate procedure for my condition?

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

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

5. Will I have dressings, bandages, or stitches after surgery? When should they be removed?

6. Will I be given medication after surgery? What tips do you have for me to ease discomfort?

7. 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?

8. When can I bear full weight on the surgical side after the procedure?

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

10. Will I need to come back for appointments after the surgery?