

Arthroscopy

What Is Arthroscopy?

Arthroscopy refers to a surgical procedure that involves inserting a small camera-like lens and light through small incisions in the skin. The arthroscope projects the image onto a monitor, allowing the physician to explore, diagnose, and treat the joints of the body. The surgeon is able to see all of the major components of the joint and is able to view areas in the body that, prior to arthroscopy, were only accessible through major surgery.

Why Would I Need Arthroscopy?

If your Arizona Bone and Joint Specialists surgeon needs more information before making a final diagnosis, arthroscopy can often be used as a diagnostic tool to evaluate the joint. Many surgeries can also be performed arthroscopically, including rotator cuff repairs, removal of loose cartilage or bone fragments, meniscus repairs and ligament reconstructions.

What Can I Expect During Arthroscopy?

Arthroscopic surgery generally has a much shorter recovery time than traditional surgery, but still may require general anesthesia depending on the type of arthroscopic procedure being performed. Since the arthroscope is very thin, about the width of a pencil, only a very small incision is made to insert the arthroscope. Once the arthroscopic procedure is finished, you will be given post-operative instructions specific to your procedure. It is extremely important that you follow these directions to prevent infection and other complications. Your Arizona Bone and Joint Specialists surgeon will discuss rehabilitation and expectations with you following the arthroscopic procedure.

