

# What Do You Need to Know About Arthroscopy?

The field of orthopedics is achieving new heights decade after decade and this has improved the outcome of treatments for various orthopedic ailments. One of the noticeable achievements in the field of orthopedics is a minimally invasive treatment. This is called arthroscopy. In this blog, we will have a detailed look at what arthroscopy is and how it is performed.

This surgical technique requires special orthopedic devices that are smaller in size. Let us have a look.

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## What is Arthroscopy?

Arthroscopy is a minimally invasive surgery performed for the diagnosis and treatment of various musculoskeletal disorders that affect our joints. One of the advantages of this surgery is that it does not require a large incision. The surgeon uses a buttonhole size incision to insert an arthroscope. An arthroscope is a thin wire that contains a small camera and a light source. It produces crystal-clear images of the inside of the joint that the orthopedic surgeon can see on a big high-definition monitor. This helps with the correct diagnosis of the joint ailment.

If arthroscopy is used for the treatment, the surgeon will make 2 or 3 more buttonhole-size incisions to insert arthroscopy tools and equipment. After the surgery is done, tools and arthroscope will be removed and the incision is closed.

## **Which Joints can be Operated with Arthroscopy?**

The joints that can be operated with arthroscopy include:

Shoulder joint

Hip joint

Knee and ankle

Wrist joint

Elbow joint

Besides the joints, some of the conditions that can be treated with this minimally invasive surgery include:

Tendon tear

Ligament tear

Damaged or torn cartilage

Inflammation of joint linings

Loose bone fragments

Scarring in joints

## **What Are the Risks Associated with Arthroscopy?**

All surgeries carry risks and some of them are there with arthroscopy as well. Here are some of the common ones that people may experience after the surgery:

## **Damage to Nerve or Tissue**

As small tools & instruments are inserted into the joint, there is a risk of damage to nerves or tissues during manipulation. However, it is not common.

## **Infection**

Making an incision on the skin breaks the first barrier of infection and as a result, the risk of infection is there. In Arthroscopy, it is low.

## **Blood Clots**

This is rare but surgeries that last for more than an hour carry the risk of the formation of blood clots in the legs or lungs.

## **What Are the Benefits of Arthroscopy?**

When compared to ORIF, arthroscopy is advantageous in many senses:

### **Smaller Incision**

Unlike ORIF, an arthroscopy requires a much smaller size incision to access the joint. The size of the incision in most cases is of buttonhole.

### **Low Blood Loss**

As the incision made is smaller, blood loss during arthroscopy is significantly lower than ORIF.

### **Fast Recovery**

Because of less tissue damage, smaller cut, and the use of small tools, people tend to recover faster after arthroscopy.

### **Low Post-Operative Pain**

Another advantage of arthroscopy is low postoperative pain and hence, less reliance on analgesics is there.

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