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Knee Arthroscopy

What is it?

Key-hole surgery of the knee to help:

- Identify and confirm the cause of your issues
- Tidy up any meniscus or cartilage tissues causing locking or catching
- As part of procedures to fix meniscus tears, cartilage injuries, and ligament reconstructions, such as the ACL or for patellofemoral instability.

Intra-operatively:

- You will have a general anaesthetic and may have a block to your thigh also to help reduce pain post-operatively. There will be a 1 cm incision on either side of your knee cap, but these will have dissolving sutures.
- A camera is used through one portal and surgical instruments are used through the other portal to address the issues you are experiencing.
- Other incisions may be used in the setting of an ACL reconstruction or patellofemoral joint stabilizations.
- Photographs are taken intra-operatively and these will be shown to you to explain what has been performed or to identify the cause for your issues.

Post-operatively:

- You will go home on the day of the procedure
- The bulky bandages can be removed 2 days later but please keep the water proof dressings intact until we see you in 2 weeks.
- You can walk with all your weight unless specifically advised by Dr Sundaram.
- Please provide compression and ice to the knee to help manage swelling. Your RE3 cryocompression brace is a great too for this.
- You will not be able to drive on the day of your procedure but you can resume driving when your pain improves and knee function returns to normal
- Physiotherapy:
 - Routine physiotherapy is not required and you can expect to recover your function independently
 - If at the 2 week follow up appointment your knee has not recovered, we will organise for physiotherapy to help with range of motion and quadriceps strengthening exercises.

If you have any concerns please email us at admin@drsundaram.com.au or call us on 08 6332 6335