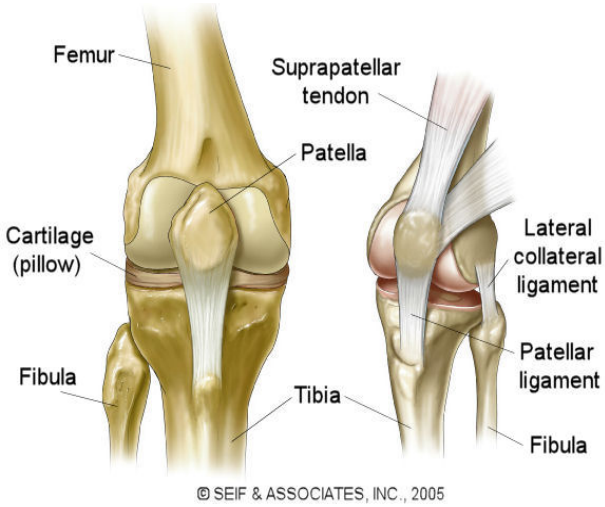
# Arthroscopic Procedure
## Knee

An arthroscopic procedure can make a *diagnosis* (learning what is wrong) of your knee.

### ABOUT THE PROCEDURE

Arthroscopy is a surgical technique that allows your orthopedic surgeon to diagnose and treat your knee injury with accuracy. They will look into your knee through a small instrument. This is almost like a small (pencil sized) telescope. Because arthroscopy affects your knee less than open knee surgery, you can anticipate a more rapid recovery. Taking an active role by following your caregiver's instructions will help with rapid and complete recovery. Use crutches, rest, elevation, ice, and knee exercises as instructed. The length of recovery depends on various factors including type of injury, age, physical condition, medical conditions, and your rehabilitation.




Your knee is the joint between the large bones (femur and tibia) in your leg. Cartilage covers these bone ends which are smooth and slippery and allow your knee to bend and move smoothly. Two menisci, thick, semi-lunar shaped pads of cartilage which form a rim inside the joint, help absorb shock and stabilize your knee. Ligaments bind the bones together and support your knee joint. Muscles move the joint, help support your knee, and take stress off the joint itself. Because of this all programs and physical therapy to rehabilitate an injured or repaired knee require rebuilding and strengthening your muscles.

### AFTER YOUR ARTHROSCOPY

- After the procedure, you will be moved to a recovery area until most of the effects of the medication have worn off. Your caregiver will discuss the test results with you.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

### SEEK MEDICAL CARE IF:

- You have increased bleeding from your wounds.
- You see redness, swelling, or have increasing pain in your wounds.
- You have pus coming from your wound.
- You have an oral temperature above 102° F (38.9° C).
- You notice a bad smell coming from the wound or dressing.
- You have severe pain with any motion of your knee.

### SEEK IMMEDIATE MEDICAL CARE IF:

- You develop a rash.
- You have difficulty breathing.
- You have any allergic problems.

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