

## Surgical Division- Trauma and Orthopaedic Department

### Knee Arthroscopy

#### Introduction

Your consultant has recommended you have a Knee Arthroscopy which is a procedure that enables your Orthopaedic Surgeon to see inside your knee using a camera inserted through small cuts in your skin. This enables your consultant to diagnose the problem you are having with your knee and either repair the damage or plan future treatment to resolve the issue. When you attended the out-patient clinic you will have been provided with written information about this procedure. [If you did not receive the written information please contact the Orthopaedic Department, on 0151 604 7712.](#)

#### Guidance for Patients

Common reasons for having a Knee Arthroscopy include:

- Torn cartilage (Meniscus)
- Ligament damage
- Articular cartilage damage
- Investigation of pain

While you are waiting for your procedure your consultant may recommend an alternative management or treatment to support your symptoms. It is important that you consider these options too in the short term to support your well-being.

#### This may include

- Lifestyle changes
- Medication
- Remaining mobile

#### What should I do if my health is deteriorating?

If you feel you are becoming more unwell, please contact the Pre-operative Team on 0151 604 7104 in the first instance or your Consultants Secretary.

#### Contact Us

To enquire about your admission date or to re-arrange your admission date please contact: The Orthopaedic Admissions Office on 0151 482 7665.