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## COMMENTARY

### Arthroscopy and its overview

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#### Abstract

Arthroscopy (ahr-THROS-kuh-pee) is a procedure for diagnosing and treating joint problems. A surgeon inserts a narrow tube attached to a fiber-optic video camera through a small incision-about the size of a buttonhole. The view inside your joint is transmitted to a high-definition video monitor. Arthroscopy allows the surgeon to see inside your joint without making a large incision. Surgeons can even repair some types of joint damage during arthroscopy, with pencil-thin surgical instruments inserted through additional small incisions.

Weeks, and engage in more strenuous activity a few weeks after that. However, not everyone's recovery is the same. Your situation might dictate a longer recovery period and rehabilitation. Your surgeon will review the findings of the arthroscopy with you as soon as possible and may send a written report. Your surgeon will continue to monitor your progress in follow-up visits and address problems.

#### Introduction

Arthroscopic surgery usually doesn't take long. For example, arthroscopy of the knee takes about an hour. After that, you'll be taken to a separate room to recover for a few hours before going home. Your aftercare may include Medications. Your doctor may prescribe medication to relieve pain and inflammation. R.I.C.E. At home, may find it helpful to rest, ice, compress and elevate the joint for several days to reduce swelling and pain protection.

You might need to use temporary splints-slings or crutches for comfort and protection. Exercises. Your doctor might prescribe physical therapy and rehabilitation to help strengthen your muscles and improve the function of your joint

Arthroscopy is a very safe procedure and complications are uncommon. Problems may include: Tissue or nerve damage. The placement and movement of the instruments within the joint can damage the joint's structures. Infection. Any type of invasive surgery carries a risk of infection. Blood clots. Rarely, procedures that last longer than an hour can increase the risk of blood clots developing in your legs or lungs. In general, you should be able to resume desk work and light activity in a few days. You'll likely be able to drive again in one to three