

# Understanding Wrist Arthroscopy

## What is wrist arthroscopy?

Arthroscopy is a surgical procedure that allows your Hand Surgeon access to the inside of your joint through several tiny incisions. Your doctor can confirm your diagnosis and repair any injured ligaments, tendons and bones by using a camera and tools inserted into the joint space.

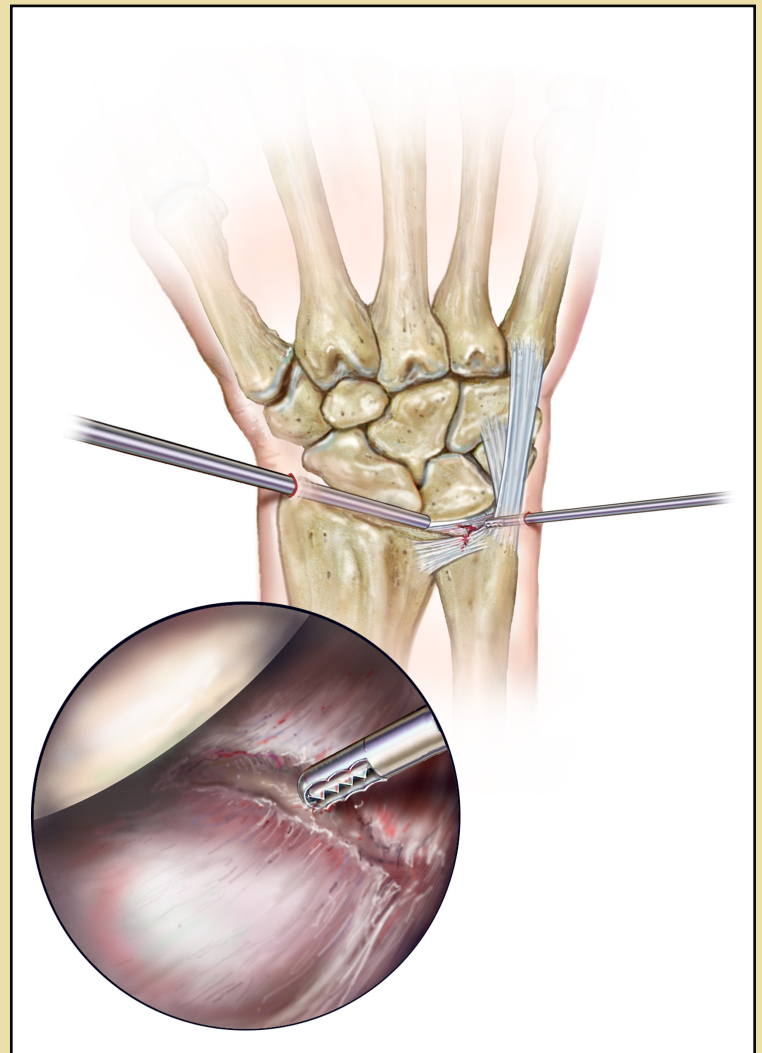
## How is it performed?

Three, and sometimes more, small incisions are made through which the instruments are passed. The first tool is a small fiber optic camera that lets your physician visualize the injury and confirm your diagnosis. The second tool is inserted into the wrist and allows the surgeon to perform the surgery. This can be a shaver, trimmer or any other device necessary to repair your wrist. The third tool uses sterile fluid to irrigate and expand the joint so that it can be more easily visualized.

## What can I expect before surgery?

When you are ready to have surgery, you will need to talk with your physician's patient coordinator to schedule an appropriate time. They will provide you with the necessary paper work, talk to you about a pre-operative physical and help you with any question you may have.

A pre-operative physical is required prior to surgery. If you do not have this done, your surgery may have to be cancelled and rescheduled. Any questions about this can be directed to your physicians patient coordinator.



## CLINIC LOCATIONS

Columbia Heights  
Eagan  
Forest Lake  
Downtown St. Paul  
Hastings  
Maplewood  
Vadnais Heights  
Woodbury - Allina  
Woodwinds  
Health Campus

## CONTACT INFORMATION

Main Line  
(651) 842-5200

Appointment Line  
(651) 842-5201

Online at:  
[summitortho.com](http://summitortho.com)

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## What can I expect after surgery?

Immediately after surgery you will be brought to a recovery room and monitored by a nurse. You can expect your wrist to be bandaged and immobilized. After you are awake and alert a nurse will help you get ready to go home. It is necessary for you to arrange for someone to drive you home, as the sedation will make driving unsafe.

While at home you should rest, ice and elevate the wrist to prevent excessive swelling and pain. Each surgery requires different periods of immobilization, dressing changes and wound care. Your physician will discuss the specifics of your post-operative recovery with you prior to surgery. Follow their instructions and if you have any questions or concerns contact their office for clarification.

Additionally, medication will be prescribed to you for the post-operative pain. It is your responsibility to have the prescription filled. Prior to surgery your physician's patient coordinator will schedule a post-operative visit, where you will discuss physical therapy and further activity guidelines.

## What are the risks?

As with any surgery, arthroscopy has risks. These include, but are not limited to, swelling and stiffness, infection and damage to nerves and tendons. The American Society for Surgery of the Hand has cited this risk to be typically less than 1%. By following your physician's instructions and remaining in good communication, these risks can be minimized.

## How long in recovery?

**The length of your recovery depends on the procedure performed.** You can talk with your Hand Surgeon regarding your specific situation and recovery plan.

### NOTES:

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