

# Wrist Arthroscopy

This is a surgery done using a small camera to look inside the wrist. Arthroscopy means to look inside the joint. The doctor can find and treat many problems in the wrist with this surgery.

The wrist is made up of many bones. If you have pain, swelling or other problems after an injury, it may mean there is something wrong inside the wrist. Using this surgery, your doctor can see the bones and other tissues in the wrist. This surgery may be used to treat:

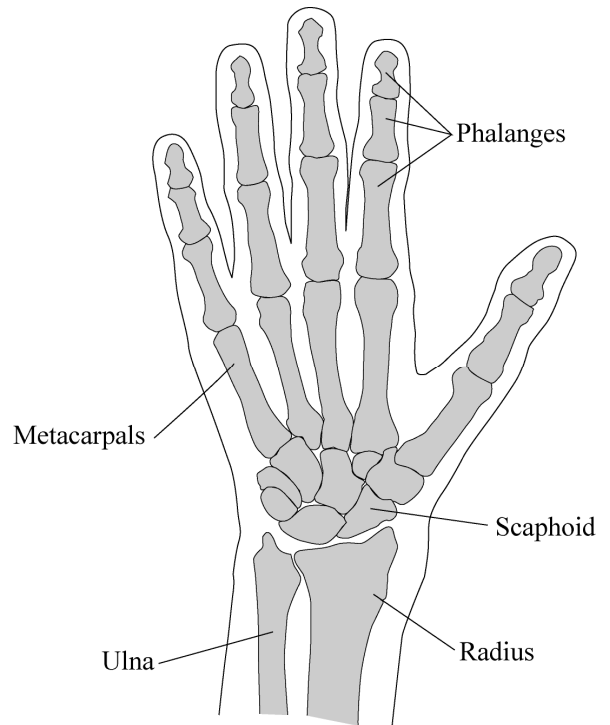
- Bone fractures in the wrist
- Ganglion cysts, clear fluid-filled lumps that occur near joints or tendons
- Arthritis or other chronic wrist pain
- Tears in cartilage and ligaments, the tissues that hold bones together

Using this type of surgery, there is less damage to the tissue of the wrist than having surgery where the joint is opened up. This means less pain, swelling and stiffness, and a faster recovery.

Your doctor will talk to you about whether this surgery is right for you.

Although the risks are small, there are risks with this surgery that include:

- Infection
- Stiffness
- Nerve or tendon damage



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## **How is this surgery done?**

- You will be sedated during this surgery. Medicine will be given to block the nerves of the arm so your arm will be numb.
- Very small openings are made in the skin on the back of the wrist. These are called incisions or portals.
- A camera on a very small tube is put into the openings to allow the doctor to see the inside of your wrist. The picture is seen on a television screen.
- Surgical instruments are used through the openings to treat your problem.

## **After Surgery**

This surgery is often done as outpatient surgery, meaning you will go home the same day. After surgery, you will go to a recovery room. Once you awake, your care will be based on what is done during the surgery. This may include:

- Medicine for pain will be prescribed for you. Take it as directed.
- A wrist splint to limit movement of your wrist while it heals
- Elevating the wrist above the level of your heart to ease swelling and pain
- Band-aids or other dressings over the openings to keep them clean and dry
- Limits to your use of the hand and wrist for daily activity
- Exercises to strengthen the wrist or hand

You will be scheduled for a follow up appointment in a week or two after surgery.

Talk to your doctor about any questions or concerns you may have about this surgery.

✦ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: [health-info@osu.edu](mailto:health-info@osu.edu).**