

Wrist Arthroscopy



THE OHIO STATE UNIVERSITY

WEXNER MEDICAL CENTER

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. With 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, which are clear fluid-filled lumps that occur near joints or tendons
- Arthritis or other chronic wrist pain
- Tears in cartilage and ligaments, which are the tissues that hold bones together

With 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, stiffness, and a faster recovery.

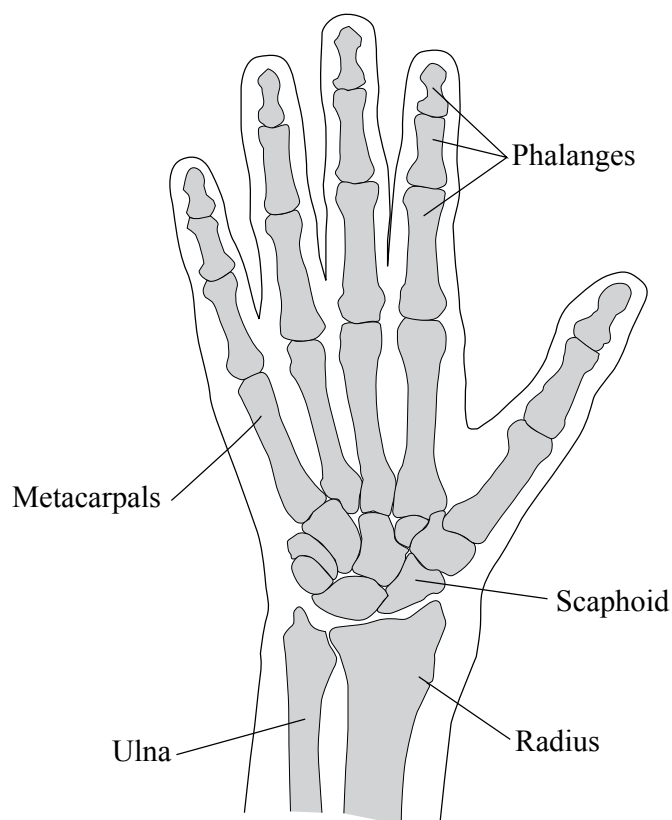
Your doctor will talk to you about whether this surgery is right for you.

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

- Infection
- Stiffness
- Nerve or tendon damage

How the surgery is 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 are awake, your plan of care will be based on what was done during the surgery. This may include:

- Medicine for pain. This 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 health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.