

Orthopaedic and Sports Injuries Services "OASIS"
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Wrist Arthroscopy



Wrist arthroscopy is an advanced surgical procedure offering less risk to patients and usually remarkable recovery. During wrist arthroscopy, the arthroscope is placed into the wrist joint through a small incision or portal on the outer surface. At least one other small incision or portal is made as well, which will allow us to insert other instruments that can help identify and treat the problem.

Because wrist arthroscopy requires only small incisions, most patients recover more quickly and with less post-operative pain than with open surgery. Usually all wrist arthroscopies are performed as day-case surgery.

During the consultation we will examine your wrist after taking a careful history of your problem(s). You can help us arrive to the right diagnosis by describing the type and severity or limitation you experience with each portion of the examination. Usually we will have a good idea about your problem but we may order additional studies to confirm the diagnosis. This can include x-rays and laboratory tests. Special studies such as stress x-rays, CT scans, MRI scans and bone scans may also be ordered to further clarify the diagnosis and plan treatment. It may be possible to treat your condition entirely by arthroscopy so recovery will be quicker. However, occasionally it is very difficult to reach a diagnosis and we may want to have a look in your wrist.



Depending on what is found we can either treat it then and there or more often, plan another operation after discussing the treatment options with you. This allows you to schedule the operation and subsequent post-operative rehabilitation that suits you.

What conditions can we treat using wrist arthroscopy?



TFCC Tears.

Carpal Instability

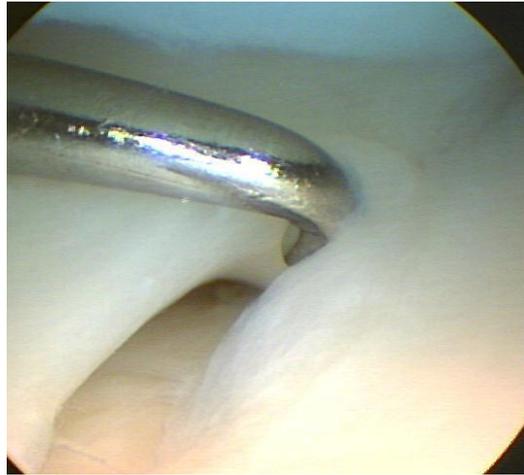
Wrist Synovitis / Arthritis

Ulna Impaction

Removal of loose bodies

Diagnostic.





TFCC tear

Once your wrist is numb or you are asleep, we will use a scalpel to make two or three small incisions on your wrist. These portals will allow us to perform the surgery. Occasionally your wrist may be moved to open spaces between the joint surfaces. This will help us see better and complete the surgical procedure.

The incisions are usually closed with a small bandage or single suture. They will heal quickly because they are so small. Arthroscopic surgery does not require as much recovery as open surgery and you can usually go home on the same day. You may experience some swelling and discomfort during the first few days after the operation, and your activity may be temporarily restricted. Pain medication will usually be provided for you and cold dressings may help to alleviate the pain as well as keeping your hand elevated. You can usually return to work or school in a few days depending on the pathology that was found or treated and with modifications as advised by us. We may start you on a physiotherapy course if necessary which will be discussed with you at the clinic appointment. Understanding the risks of wrist arthroscopy! All operations, including arthroscopic procedures, have limits as to what can be accomplished. While most

arthroscopic procedures usually follow a good recovery, it is possible that your wrist continues to give you problems after surgery. As with any surgical procedure, there are potential risks and complications. They do not occur very often in arthroscopic procedures, but some of the more common ones are: anaesthetic, infection, excessive bleeding or swelling, instrument breakage, nerve damage or persistent preoperative symptoms due to the underlying disease.

If you are interested in making an appointment to discuss a treatment, please click here to [contact us](#), or telephone 01215807406

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