

Chondroplasty - Arthroscopic Surgery

Overview

This outpatient surgery repairs a small area of damaged cartilage (on the chondyle) in the knee by removing the damaged tissue so healthy cartilage can grow in its place. This surgery uses small incisions at the knee as access points for the surgical tools and a small video camera (arthroscope) for the surgeon to see inside the patient's body.

Preparation

The patient is positioned so the surgeon can clearly see and access injured knee, which is then cleaned and sterilized.

Accessing the Joint

The surgeon makes a few small incisions around the front of the knee. The arthroscopic camera is inserted into one incision, while the surgical tools are inserted in the other incisions, as needed.

Surveying the Joint

The joint is filled with fluid to expand it, giving the surgeon a clear view and room to work. The arthroscope is used to examine the joint and locate the problem areas.

Removing the Damaged Cartilage

The surgeon inserts small surgical tools into the other incisions and removes the area of damaged cartilage and any other injured tissues.

End of Procedure and Aftercare

The excess fluid is drained from the knee, the instruments are removed, and the incisions are stitched closed. As time passes and the knee heals, new "scar tissue" cartilage will grow in the bare spot to replace the removed patch of cartilage.

