

Loose Body Removal (Knee)

Overview

Loose Body Removal is a minimally-invasive, outpatient procedure that removes debris from within the knee joint. These loose bodies are usually pieces of bone, cartilage, or other tissues that have broken free from their normal anatomical positions and are floating within the joint.

Preparation

In preparation for the procedure, you are given local anesthesia. Your knee is cleaned and positioned for surgery.

Accessing the Joint

The surgeon creates small openings in your knee. The surgeon then inserts an arthroscopic camera and other surgical instruments into these ports to visualize and access your knee joint.

Cleaning the Joint

The surgeon carefully examines the area to identify the number and location of loose bodies within your knee joint. The surgeon uses a grasping instrument to remove debris. The surgeon may have to repair damage that the debris caused to any of the surfaces or structures in your knee joint.

End of Procedure and Aftercare

When the procedure is complete, the instruments are removed and the openings are stitched closed and bandaged. The knee will heal during the next few weeks. You may need physical therapy.

