

Paul D Maitino DO FAOAO Hip Knee Shoulder & sports medicine Oklahoma City OK

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FAQ's

What is Arthroscopy?

Arthroscopy is a surgical procedure during which the internal structure of a joint is examined for diagnosis and treatment of problems inside the joint.

What conditions are treated with arthroscopic surgery?

Arthroscopic examination of joints is helpful in diagnosis and treatment of the following conditions:

- Inflammation: Synovitis, the inflammation of the lining of the knee, shoulder, elbow, wrist, or ankle
- Acute or chronic injury: Injuries to the shoulder, knee and wrist joint such as cartilage tears, tendon tears, carpal tunnel syndrome
- Osteoarthritis: A type of arthritis caused by cartilage loss in a joint
- Removal of loose bodies of bone or cartilage that becomes lodged within the joint.

How is arthroscopy performed?

During arthroscopic surgery, a general, spinal, or a local anesthesia will be given depending on the condition. A small incision of the size of a buttonhole is made through which the arthroscope is inserted. Other accessory incisions will be made through which specially designed instruments are inserted. After the procedure is completed, arthroscope is removed and incisions are closed.

What are the possible complications associated with arthroscopy?

Some of the possible complications after arthroscopy include infection, phlebitis (clotting of blood in vein), excessive swelling, bleeding, blood vessel, or nerve damage and instrument breakage.

What is the recovery process after arthroscopic surgery?

It may take several weeks for the puncture wounds to heal and the joint to recover completely. A rehabilitation program may be advised for a speedy recovery of normal

joint function. You can resume normal activities and go back to work within a few days. You may be instructed about the incision care, activities to be avoided, and exercises to be performed for faster recovery.

Will physical therapy be required after surgery?

Getting a full range of motion, strength, and flexibility back after surgery usually takes time. That is where pre-operative exercise, education, and post-operative physical therapy programs come in - to ensure you are physically and emotionally prepared for surgery and to maximize your recovery after surgery.

What should I bring with me when I come for an appointment?

- Drivers License or a valid ID
- Insurance information
- Referral Letter (if required)
- Reports, X-rays, MRI's, CT scans etc and any other relevant information
- List of medications (if any)

How do I schedule an appointment?

You can schedule an appointment by calling us directly during our working hours.