

關節內窺鏡

簡介

醫生利用幼小的光纖導管把鏡頭放入關節內，藉以檢查及診斷關節內的情況，同時可進行修補或治療手術。關節內窺鏡手術常用於膝關節、踝關節及肩關節等。

準備

- ◆ 身體檢查包括血液、X光、尿液及心電圖檢驗
- ◆ 手術前一晚需沐浴
- ◆ 在指定時間開始禁食
- ◆ 病人會於手術前，安排會見麻醉科醫生，商討麻醉方法和風險
- ◆ 病人須簽署手術同意書

過程

首先，醫生在關節的位置刺幾個小孔，然後把筆般大小的導管放入關節內，配合其他儀器如手術刀、外置電視等進行手術或檢查。

手術後的護理

- ◆ 病人完全甦醒後，可嘗試進食
- ◆ 如有痛楚，可服用止痛藥以助舒緩
- ◆ 冰敷有助減輕傷口痛楚及紅腫
- ◆ 手術後初期，傷區會用重疊的繃帶包紮，或需用手托或腳托保護患肢，亦可減低紅腫
- ◆ 請保持傷口清潔及乾爽
- ◆ 要避免過度使用患肢或負力
- ◆ 如有需要，醫生會轉介予物理治療師，指導及協助病人進行肌肉訓練

併發症

並不常見，可能有傷口發炎，流血或紅腫等情況。

覆診

請依期覆診。祝君早日康復！

如有任何查詢，請聯絡你的主診醫生

以上資料由瑪麗醫院矯形及創傷外科提供。




瑪麗醫院

Queen Mary Hospital

關節內窺鏡

ARTHROSCOPY

 瑪麗醫院 Queen Mary Hospital	Pamphlet Topic & Department Code
Ownership	QMH/Orthopaedics & Traumatology-2
Last review/revision	Aug 2024
Approval	HKWC Information Pamphlet Working Group
Distribution	As requested

ARTHROSCOPY

Introduction

Arthroscopy is the use of a small fiberoptic tube called arthroscope, to visualize and examine the interior condition of a joint. Arthroscopy is commonly used in the knee, ankle and shoulder joints.

Pre-operative Preparation

- ◆ Body check e.g. blood test, x-ray, urinalysis, electrocardiogram etc.
- ◆ Pre-operative bath
- ◆ Stop eating and drinking at the prescribed time.
- ◆ Anaesthetist assessment would be arranged prior to the operation, the anaesthetic method and related risk would be discussed
- ◆ A written consent is required

Procedure

Surgeon will make a few small incisions

on patient's skin and inserts pen-sized instruments into the joint. Together with the use of other devices, e.g. surgical knife, television camera etc, the surgeon could examine, manipulate or repair the internal structure of the joint.

Post-operative Care

- ◆ Diet can be resumed once the patient is fully conscious.
- ◆ You may experience some wound pain which could be relieved by analgesics.
- ◆ Ice therapy may help to relieve pain and control swelling.
- ◆ Initially, the operated site will be bulkily dressed and elevated to prevent swelling. Splint or brace may be made to protect the affected limb.
- ◆ The principle of wound care is to keep it clean and dry.
- ◆ Avoid excessive movement of the operated limb.
- ◆ If necessary, you will be referred to

physiotherapist for muscle strengthening exercise and training.

Complications

Rare, but may have infection, excessive swelling or bleeding.

Follow up

Follow up as scheduled. Get Well Soon!

Should you have any queries, please consult your doctor-in-charge

Information provided by Department of Orthopaedics and Traumatology, Queen Mary Hospital