

Other joints if required and discussed pre-operatively can be assessed such as the base of the thumb, distal radio-ulnar joint and some finger joints.

Risks of wrist arthroscopy include infection (under 1%), bleeding, stiffness, wound tenderness, tendon/nerve/blood vessel injury and no resolution of symptoms.

Post-operative care

Most arthroscopic procedures will require a small bandage post-operatively which is reduced to a small dressing after two days and then no dressing after a further week, and near full recovery usually takes 4 weeks. In procedures involving complex work within the joint the post-operative treatment and splintage will vary according to the nature of the operation and I will discuss this with you prior to the operation.

Your wounds can be washed and moisturised from 10 days post-op.

Good luck in your recovery.

**Wrist
traction
tower**



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Your Guide to Wrist Arthroscopic Surgery



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WRIST ARTHROSCOPY

Wrist arthroscopy

When surgery of the wrist is required, many procedures can be undertaken using a small telescope and camera to look into the wrist joint and perform procedures.

At times arthroscopy can be used to make a diagnosis or to assess structures within the wrist to aid planning of further treatment.

Wrist arthroscopy may also be used to undertake surgical treatment of conditions such as ligamentous injuries, some fractures, some cartilage and arthritis problems and excision of ganglions.

The advantages of performing operations arthroscopically include smaller wounds, more rapid and sometimes fuller recovery and at times operations can be undertaken arthroscopically that cannot be undertaken by conventional open surgery.



Wrist splint often used

Arthroscopic procedures

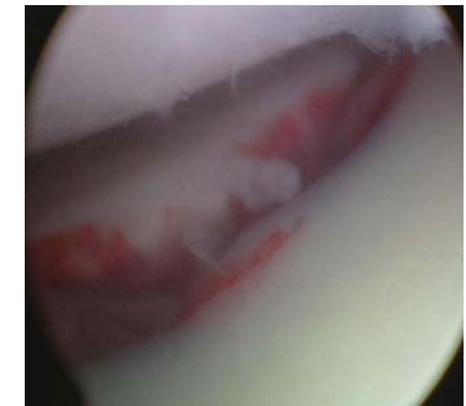
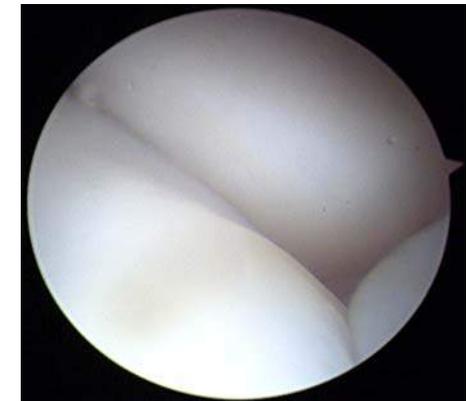
In addition to diagnostic arthroscopy, interventional procedures include:

- Triangular fibrocartilagenous repair
- Distal ulnar wafer resection
- Scapholunate ligament repair
- Ulnocarpal ligament repair
- Debridement of degenerate tissue
- Assisted scaphoid fracture fixation
- Assisted distal radius fixation
- Radial styloidectomy
- Partial scaphoid replacement
- Partial trapeziecomy/ interposition

The operation

An arm block or general anaesthetic is required. A tourniquet is placed on the arm and the upper limb is placed in a special device (traction tower) to hold the wrist in the correct position. A number of small incisions are used to place the telescope and small instruments into the different parts of the wrist joint, typically 3-4 in number. The wounds are sufficiently small to usually not require suturing.

The inside of the different parts of the wrist joint are visualized and some conditions treated, as discussed with each patient before the procedure with the treating surgeon.



Wrist arthroscopy views