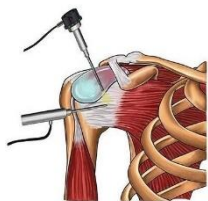


November, 2020

**Paragon Orthopedic Center**  
**Grants Pass, Oregon**



## Arthroscopy

Why have professional athletes like Drew Brees and Chris Paul had arthroscopy? Is it surgery? Could it help me? Paragon Orthopedic Center has seen many patients who have successfully had it and returned to daily activities without pain. Read on to help you understand what arthroscopy is and what it does. Maybe it could help you.

### What it is

Arthroscopy is a procedure done under anesthesia using a very small camera on a tube inserted into a joint to diagnose and treat problems within your joint. The camera is so small that it requires an incision the size of a buttonhole and eliminates the need for a large, open wound. The surgeon directs the camera to view the inside of your joint on a high definition video monitor. Repairs are made using pencil-thin instruments while the surgeon is watching the monitor. You can imagine the skill that is necessary for this, which is why Dr. Bents and Dr. Van Horne are your best choices because of their many years of experience doing these procedures.

### What it isn't

This isn't joint replacement. It will not always fix arthritis. They can use these very small instruments to obtain a very high success rate for meniscus repairs and ligament reconstruction.

### Why it is done

At Paragon Orthopedic Center, you can expect to have a physical exam and x-rays taken, and usually an MRI before knowing whether this is a beneficial procedure for you. Using the images obtained from the camera of the arthroscope, a diagnosis can be clearly made that isn't possible using x-rays or an MRI. Some of the common problems found and repaired using the arthroscopic instruments are:

- Rotator cuff tears in the shoulder
- Meniscus repair of the knee or shoulder
- Anterior Cruciate Ligament (ACL) reconstruction of the knee
- Carpal tunnel release of the hand
- Torn ligament repair of the knee, shoulder, or hip
- Loose bone or cartilage removal of the elbow, ankle, knee, shoulder, or hip

### Recovery

This procedure is done at the surgery center here in Grants Pass every week. Having it performed at the surgery center allows you to avoid the higher costs of the hospitals. A general anesthesia is used and then the surgeon adds local numbing medicine around the incisions. Post-operatively, most patients require little or no narcotic pain medications. The amount of time spent resting and recovering depends on how complex the procedure was and where it was in the body. Complications such as infection or excessive bleeding are rare, occurring in far less than 1 percent of all arthroscopies. This has become a very valuable tool for orthopedic surgeons, allowing them to perform a quicker procedure than the larger open procedures. The small wounds take only several weeks to heal. It is not unusual for patients to get back to activities within a few weeks, depending on the type of surgery. Each experience is unique, depending on the injury and current health of the person. Dr. Bents, Dr. Van Horne, would be happy to help you assess your need for an arthroscopy at Paragon here in Grants

The following articles were referenced for this newsletter:

<https://orthoinfo.aaos.org/en/treatment/arthroscopy/>

<https://www.mayoclinic.org/tests-procedures/arthroscopy/about/pac-20392974>

<https://www.osc-ortho.com/resources/surgery-isnt-always-the-answer/alternatives-to-arthroscopic-knee-surgery/>

