



## Arthroscopic Knee Chondroplasty



### Overview

This surgery treats a small area of damaged cartilage in your knee. Cartilage is a type of strong, smooth tissue that covers and protects the ends of your bones. We'll remove the bad cartilage so healthy new cartilage can grow in its place.

### Preparation

To begin, you're put to sleep. Or, we give you medicine to make you feel relaxed and numb. We make some small openings in the skin of your knee. One is for a camera device called an "arthroscope." It lets us see the inside of your joint on a monitor. The other openings are for the surgical instruments.

### Removing damaged tissue

Now we inspect your joint to find the damaged area. We use our surgical instruments to take out the bad cartilage. We smooth out rough areas and remove loose tissue. As you heal, new cartilage will grow over the bare spot to repair the damage.

### End of procedure

When the surgery is done, your knee is bandaged. Follow your surgeon's instructions for a safe recovery.

