

Wrist arthroscopy

Sometimes you may be referred for a wrist arthroscopy to investigate and repair causes of wrist pain or conditions affecting wrist mobility. Also known as cartilage repair, arthroscopy is a type of keyhole surgery that involves making very small incisions around the wrist. A small, thin tube with a camera, known as an arthroscope, is used to examine the inside of your wrist to identify what might be causing your pain and repair or remove affected cartilage.

Expert advice to help you manage your recovery

To support a speedy recovery, you'll have the opportunity to ask your Consultant any questions you may have around the procedure, including any concerns or worries. The Physiotherapy team will also work with you on a programme that is tailored to your needs, so you can focus on a safe and efficient recovery, ensuring you are well-informed with enough time to heal properly.

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Prices & payment

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Consultants



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Wrist arthroscopy FAQs

What does wrist arthroscopy surgery involve?

Your Consultant will discuss the procedure with you, so you know exactly what to expect.

During the procedure, your Consultant will usually make about three to five small incisions around your wrist whilst you are under general anaesthetic. They will then thread the arthroscope through one of the incisions and use the camera to see inside the joint and identify any problems.

Your Consultant will then be able to repair or remove damaged tissue or cartilage through the other incisions.

The operation usually takes at least 30 minutes, although this is dependent on what is required once your Consultant can see inside the joint. Following the procedure, your Consultant will apply butterfly stitches or sutures to the wounds and wrap a bandage around your wrist.

Where will my wrist surgery take place?

Regardless of where you had your initial consultation, all surgical procedures take place at KIMS Hospital in Maidstone. Most outpatient appointments, including follow up appointments with your Consultant, can take place at either KIMS Hospital or Sevenoaks Medical Centre.

How long will I stay in hospital?

You should usually be able to go home the same day, although your Consultant will be able to discuss this with you prior to your procedure.

How long does it take to recover, and will I be in pain following the surgery?

You should expect your wrist to be swollen and sore to begin with, but this should ease over time and your Consultant will explain about managing pain control following your procedure. It will also depend on whether you are having any additional procedures along with keyhole surgery to the wrist.

It is usually possible to return to light activities within a couple of weeks of your procedure, but this will be dependent on the extent of the operation. It can take up to six months before you can take part in sports again, but regular, gentle exercise should support a good recovery.

Recovery time will vary from patient to patient. Your Consultant will be able to discuss your recovery time with you during your follow-up appointment.