



**ENDOVET**

R E F E R R A L S

**Arthroscopy**



# Introduction:

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At EndoVet Referrals, we are committed to providing advanced diagnostic and surgical options for your pet. This guide explains arthroscopy, why it may be recommended, how to prepare, and what to expect during and after the procedure. If you have further questions, our team is always happy to help.

## What is a Arthroscopy?

Arthroscopy is a minimally invasive procedure that allows our veterinary team to examine and treat conditions affecting your pet's joints. Using a small camera (arthroscope) and specialized instruments, the procedure is performed through small incisions, offering a safer and less painful alternative to traditional open joint surgery.

This technique provides:

- Reduced pain and discomfort.
- Faster recovery times.
- Smaller surgical scars.
- Precise diagnosis and treatment of joint conditions.

## Indications for Arthroscopy?

Arthroscopy may be recommended for pets experiencing joint issues such as:

- Lameness or stiffness in the limbs.
- Suspected joint injuries, including ligament tears or cartilage damage.
- Chronic joint pain or inflammation (e.g., arthritis).
- Diagnosis and treatment of osteochondritis dissecans (OCD).
- Removal of joint debris or foreign material.

## What are the risks?

### Anaesthetic Risks

- Reactions to Sedation: Pets with underlying conditions (e.g., heart, lung, kidney, or liver issues) may have a higher risk of complications. We take steps to assess and prepare your pet beforehand.

### Procedure-related Risks

- Minor Bleeding: Small amounts of bleeding may occur during sample collection or tissue removal but usually resolve quickly.
- Perforation: In very rare cases, the endoscope may cause a tear in the gastrointestinal tract, requiring additional intervention.

Our experienced team takes every precaution to ensure your pet's safety and minimise these risks.

This procedure enables accurate diagnosis and targeted treatment, helping your pet regain mobility and comfort.

# Arthroscopy Procedure:

## Pre-Operative Consultation

- Pre-clinical examination of your pet.
- Procedure discussion with a senior surgeon.
- For long-distance clients, a clinical examination may be carried out by your local vet and a phone consultation will be arranged with one of our senior surgeons prior to surgery.
- Medical Review: Please inform us of all your pet's medications, including over-the-counter treatments. Certain drugs, like steroids or NSAIDs, may need to be paused, and special instructions apply for pets with conditions like diabetes or heart disease.

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## Admission & Preparation

- Withhold food for 6-12 hours before the procedure.
- Water: Restrict water for 2-4 hours prior to arrival.
- A team member will review the consent form with you and answer any questions.
- Your pet will undergo a full clinical examination, and blood tests may be recommended to assess their overall health.
- An intravenous catheter will be placed to administer fluids, anaesthesia, and medications as needed.

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## Athroscopy Procedure:

- Your pet will be anaesthetised to ensure they remain still and comfortable during the procedure.
- Small incisions will be made near the affected joint to insert the arthroscope and surgical instruments.
- Depending on the findings, the veterinarian may:
  - Remove damaged cartilage or bone fragments.
  - Repair ligaments or other soft tissue injuries.
  - Flush the joint to remove debris or inflammatory material.

The procedure typically takes 30-60 minutes, but this may vary depending on the complexity of the case.

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## Recovery & Monitoring

- Your pet will be monitored until they recover from anaesthesia.
- A bland meal will be offered before discharge.
- Mild discomfort or temporary stiffness in the joint is normal for 24-48 hours.

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## Home Recovery

- Keep your pet calm and restrict activity for 7-10 days.
- Prevent licking or chewing at the incision sites by using a collar if necessary.
- Follow all medication instructions provided to manage pain and inflammation.
- Use cold compresses on the joint if recommended by the veterinarian.

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## Next Steps & Follow Up

- Most pets recover fully within two weeks and can gradually return to normal activities.
- Follow-up appointments will be scheduled to monitor healing and ensure the procedure's success.

# Further information

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## When to contact us:

Contact us immediately if you notice:

- Persistent lameness or difficulty walking.
- Signs of infection, such as redness, swelling, or discharge at the incision sites.
- Unusual lethargy or loss of appetite.
- Joint swelling that does not improve.

## Contact Us

To Refer a routine case, please use the referral form on our website.

Call:  
01543 373 033

Email:  
[Referrals@endovetclinic.co.uk](mailto:Referrals@endovetclinic.co.uk)

## Our Services

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To see our full list of services, visit:  
[www.veterinaryendoscopy.co.uk](http://www.veterinaryendoscopy.co.uk)

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