



ENDOVET
R E F E R R A L S

**Arthroscopic
Intervention**

Introduction:

At EndoVet Referrals, we offer endoscopic arthroscopic intervention to diagnose and treat joint problems in pets. This minimally invasive procedure helps provide a detailed view of the joint, allowing for accurate treatment with minimal discomfort and quicker recovery times.

What is Intervention Endoscopy - Arthroscopic Intervention?

Endoscopic arthroscopy is a minimally invasive surgical technique used to examine, diagnose, and treat issues inside the joints. A small camera (arthroscope) is inserted into the joint through tiny incisions, allowing our experienced vets to view and treat conditions like joint damage, inflammation, or cartilage wear without the need for large surgical openings.

Indications for Arthroscopic Intervention?

This procedure is recommended for pets with:

- Joint injuries such as ligament or cartilage damage.
- Osteoarthritis or other degenerative joint diseases.
- Joint infections or inflammation.
- Foreign body removal from the joint.
- Loose cartilage or bone fragments affecting movement.

What are the alternatives?

- Conventional Surgery: Involves a larger incision, more invasive with longer recovery and higher risk of complications.
- Joint Injections: Steroids or hyaluronic acid for pain relief and inflammation, but not a long-term solution.
- Physical Therapy: Exercises, hydrotherapy, and massage to improve joint function and manage pain.
- Medications: Pain relief (NSAIDs) and joint supplements for symptom management.
- Stem Cell Therapy: Promotes healing of damaged joint tissues, often used for cartilage issues or arthritis.

Each option depends on the condition and severity of the issue.

What are the risks?

Anaesthetic Risks

- Reactions to sedation or anaesthesia, particularly in pets with pre-existing conditions such as heart, liver, or kidney disease.

Procedure-related Risks

- Infection: Rare, but may occur at the incision sites.
- Bleeding: Minimal bleeding may occur, though it's typically controlled during the procedure.
- Damage to Adjacent Tissue: Rarely, nearby tissue may be affected.
- Post-Operative Complications: Swelling, pain, or limited mobility may occur.

Our experienced team takes every precaution to minimise these risks and ensure a successful outcome.

Arthroscopic Intervention 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.

1

Admission & Preparation

- Withhold food for 6–12 hours before the procedure.
- Water: Restrict water for 2–4 hours prior to arrival.
- Please make sure your pet has had the opportunity to go to the toilet before arriving at the clinic.
- A team member will review the procedure with you, answer any questions, and obtain your consent.
- Your pet will undergo a clinical examination, and blood tests or imaging may be performed.
- An intravenous catheter will be placed to administer fluids, anaesthesia, and medications if needed.

2

Arthroscopic Intervention

- Your pet will be placed under general anaesthesia to ensure they are comfortable and pain-free during the procedure. A small incision is made, and an arthroscope is inserted into the joint to visualise the area. Specialised tools are then used to treat the problem, such as removing damaged tissue, repairing ligaments, or cleaning out debris.

The procedure typically takes 30–90 minutes, depending on the complexity of the case.

3

Recovery & Monitoring

- Your pet will be closely monitored until they recover from anaesthesia.
- A small, bland meal will be offered before discharge.
- Most pets experience minimal discomfort due to the small incisions, and additional pain relief will be provided if needed.

4

Home Recovery

- Activity Restriction: Limit exercise for 7–14 days to allow the joint to heal properly.
- Pain Management: Your pet may be prescribed pain relief to keep them comfortable.
- Incision Care: Keep the small incision clean and dry. Use a collar if needed to prevent licking.

5

Next Steps & Follow Up

- A follow-up appointment will be scheduled to assess your pet's recovery, check the joint's healing progress, and remove sutures if necessary. In some cases, further rehabilitation or physical therapy may be recommended to aid recovery and restore joint function.

Further information

When to contact us:

Contact us immediately if you notice:

- Swelling, redness, or discharge at the incision sites.
- Difficulty walking, limping, or pain that worsens.
- Lethargy, loss of appetite, or any other concerning symptoms.

Contact Us

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

Call:
01543 373 033

Email:
Referrals@endovetclinic.co.uk

Our Services

To see our full list of services, visit:
www.veterinaryendoscopy.co.uk

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