

**MIKE FOSTER**  
**Hand Wrist and Elbow Surgeon**  
**Wrist Arthroscopy & Debridement**

**Problem**

- Pain or discomfort in the wrist

**Cause**

- Inflammation in the wrist joint, synovitis
- Tears in the cartilage of the wrist (TFCC)
- Instability between the wrist bones, ligament tears

**Diagnosis**

- Most patients have wrist pain following on from a fall or sporting injury
- History with Clinical exam suggest potential causes
- X-rays and MRI Scans can usually identify areas of concern
- "Wrist arthroscopy is the 'gold standard' for confirming ligament instability and cartilage tears.

**Treatment**

- Surgical
  - Small portals placed into the wrist and midcarpal joints
  - Small camera used to look into the wrist joints
  - A 'Probe' used to identify tears in the cartilage and instability between the bones
  - A 'Vapour' can debride small tears and synovitis, and then small tears can be repaired arthroscopically.

**Potential Complications**

- Infection, Haematoma, neurovascular injury

**Post Op Care**

- Padded Crepe
- Hand Therapy