

AVAILABLE AT:

- Emersons Green NHS Treatment Centre
- Devizes NHS Treatment Centre
- Cirencester NHS Treatment Centre

SPECIALITY: **MINOR ORTHOPAEDICS**  
 HRG CODE(S): **H10**  
 PROCEDURE(S): **Knee arthroscopy**  
 AVERAGE LENGTH OF STAY: **Day Case**

INDICATION FOR REFERRAL:

- **Meniscal or chondral pathology confirmed with MRI**
- **Clinical examination (or MRI scan) has demonstrated clear evidence of an internal joint derangement (meniscal tear or loose body) and, where conservative treatment has failed, or, where it is clear that conservative treatment will not be effective**
- **There is continuing diagnostic uncertainty following MRI, such that a Consultant Knee Surgeon recommends diagnostic arthroscopy**
- **In rare cases, intractable knee pain considered likely to benefit from arthroscopic treatment according to assessment by a Consultant Knee Surgeon**

**Arthroscopy is not normally commissioned:**

- **For diagnostic purposes only (noting the exception above);**
- **To provide arthroscopic washout alone as a treatment for chronic knee pain due to osteoarthritis. This procedure may be appropriate in conditions such as septic arthritis**

PRE- REFERRAL TESTS / REQUIREMENTS

Pathology	<b>N/A</b>
Imaging	<b>MRI and x-ray (discuss as necessary)</b>
Other tests (e.g. EMG)	<b>N/A</b>

INFORMATION

Nutrition / Hydration	<b>No food 6 hours prior to the procedure Clear fluids up to 2 hours prior to the procedure</b>
Medication to cease	<b>All patients stop Warfarin 4 days, INR on day before surgery with GP or Nurse, and patient to ring PACU with results</b>

DISCHARGE

Medication (TTOs)	<b>Naproxen 500mg Paracetamol 1-2 QDS</b>
Follow up	<b>May be required to see the physiotherapist 2 weeks after the procedure</b>
Specific Discharge Info	<b>N/A</b>

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SPECIALITY:

## MINOR ORTHOPAEDICS

HRG CODE(S):

H11/12, H13/14, H16/17, H18/19, H20/21

PROCEDURE(S):

Osteotomy, minor hand and foot procedures and other bony deformities e.g. dupuytren's contracture release, ganglion removal, trigger finger release, carpal tunnel decompression, nerve entrapment decompression, small joint arthrodesis, bunioectomy, hallux valgus correction etc

AVERAGE LENGTH OF STAY: **Day Case**

INDICATION FOR REFERRAL:

- **Clinical signs of compression of the median nerve/nerve entrapment**
- **Bony deformities**
- **Trigger finger**
- **Ganglions**

PRE- REFERRAL TESTS / REQUIREMENTS

Pathology	<b>N/A</b>
Imaging	<b>N/A</b>
Other tests (e.g. EMG)	<b>EMG</b>

INFORMATION

Nutrition / Hydration	<b>No food 6 hours prior to the procedure Clear fluids up to 2 hours prior to the procedure</b>
Medication to cease	<b>All patients stop Warfarin 4 days, INR on day before surgery with GP or Nurse, and patient to ring PACU with results</b>

DISCHARGE

Medication (TTOs)	<b>Paracetamol</b>
Follow up	<b>N/A</b>
Specific Discharge Info	<b>N/A</b>