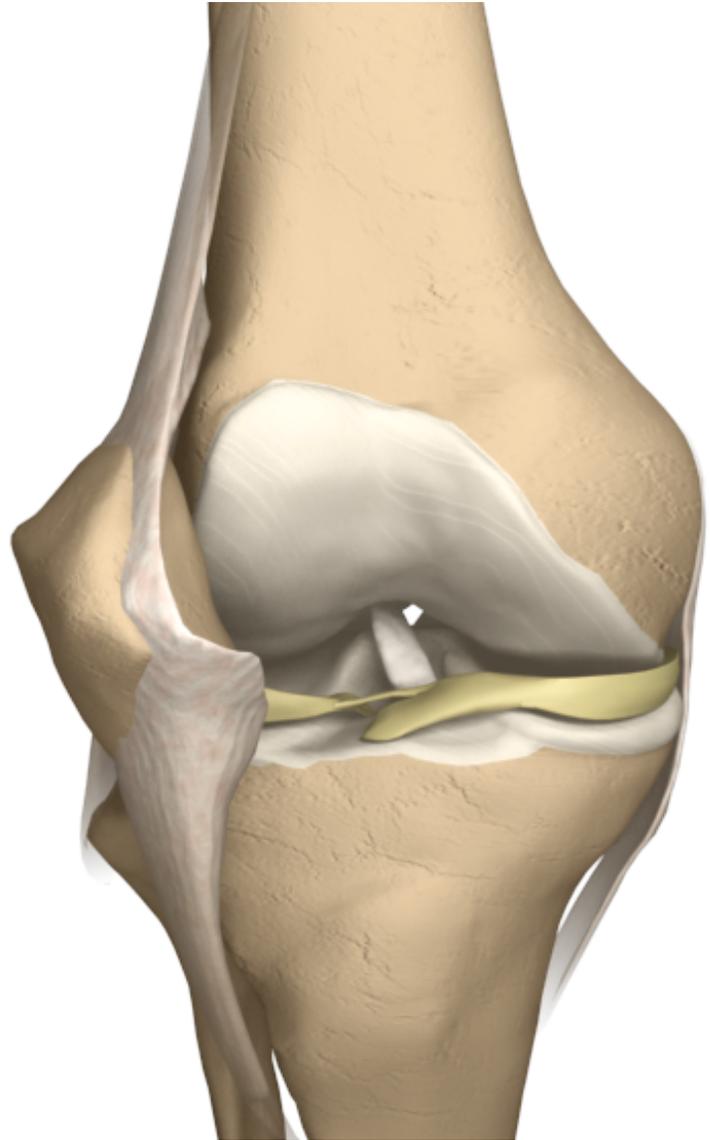


## Articular Cartilage Problems - Removal of Damaged Cartilage

Articular cartilage is a firm rubbery tissue that covers the ends of bones. It provides a smooth gliding surface for joints and acts as a cushion between bones.

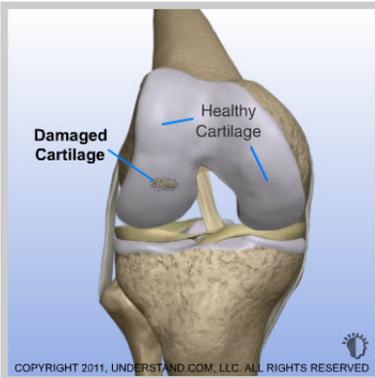


AN AFFILIATE OF MISSION HEALTH



### ***Introduction – Removal of Damaged Cartilage***

Articular cartilage is a firm rubbery tissue that covers the ends of bones. It provides a smooth gliding surface for joints and acts as a cushion between bones.



### ***When the Procedure is Performed***

Cartilage can break down due to overuse or injury. This can lead to pain and swelling and problems with your joint. Your treatment will depend on the size of the defect and the judgment of your surgeon.



### ***Incisions***

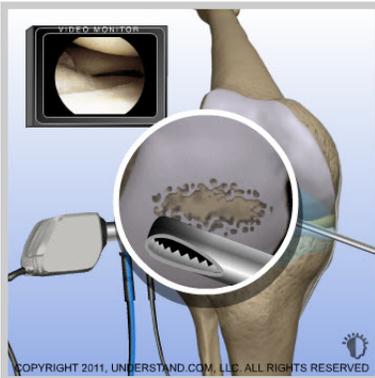
Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

AN AFFILIATE OF MISSION HEALTH



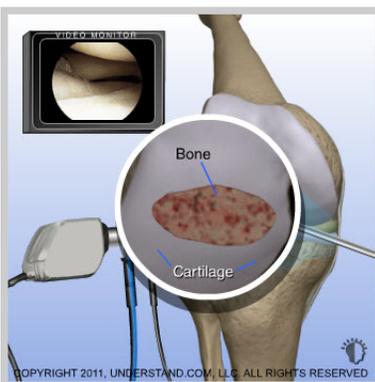
### **Visualization**

The scope is inserted into the knee. Saline solution flows through a tube (cannula) and into the knee to expand the joint and to improve visualization. The image is sent to a video monitor where the surgeon can see inside the joint.



### **Removal**

The damaged cartilage is removed from the joint using a specialized surgical instrument.



### **Enhancing Healing**

Once the damaged cartilage is removed, your surgeon may choose to burr or scrape the exposed bone. This scraping will help heal the injured area.



### ***End of Procedure***

After the damaged cartilage is removed, the surgical instruments are removed and the procedure is completed.