

**STEVEN CHUDIK MD**  

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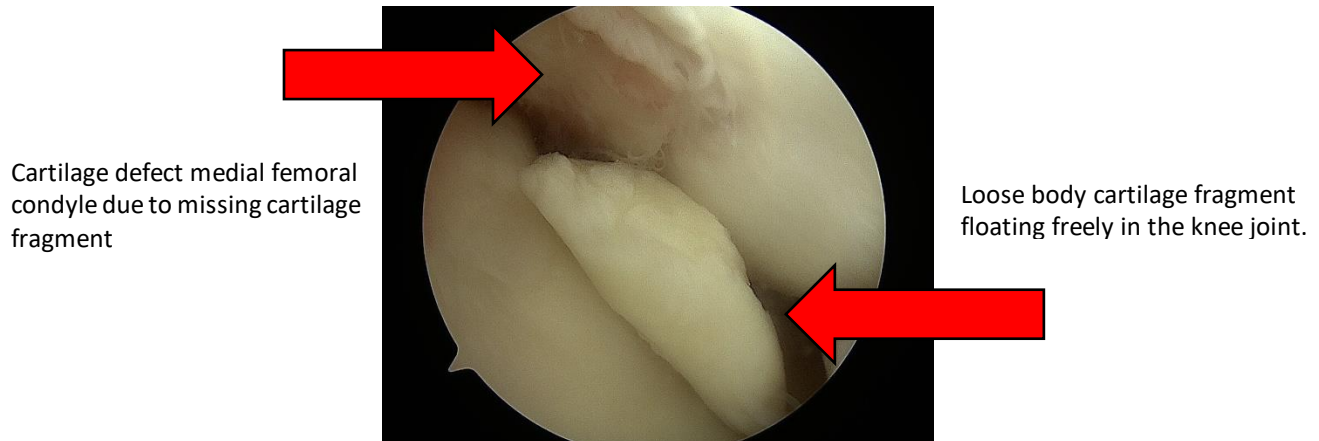
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**SHOULDER, KNEE & SPORTS MEDICINE**

## Knee Arthroscopy for Loose Body Removal

### Indications for Surgery

Cartilage, the protective surface that covers the ends of our bones, helps our joints move smoothly and pain-free. Cartilage may become damaged with age, wear and tear, or injury. Injury to cartilage and its underlying bone can cause a loose fragment to break away and float freely in the knee joint. Loose fragments often cause mechanical symptoms such as locking, catching, intermittent sharp pains, and sometimes even giving way. The purpose of the arthroscopic surgery is to repair or remove the loose body and assess the cartilage surfaces of the knee. In some cases, the loose body can be returned to its proper position and fixed back in place. But often, the fragment is too deformed or fragmented to be returned to its position and heal. In cases where the fragment is not repairable, Dr. Chudik will attempt to repair the damage when possible or debride (clean-up) the torn or frayed ends back to stable borders so the damage does not continue to propagate, catch, or cause irritation.



### Contraindications to Surgery

- Infection of the knee
- Inability or unwillingness to complete an appropriate postoperative rehabilitation program
- Diffuse, advanced arthritis (damaged cartilage) of the knee without mechanical symptoms

### Potential Surgical Risks and Complications

- Infection
- Knee stiffness (loss of knee motion)
- Continued pain and progressive arthritis
- Weakness of the quadriceps muscles if proper rehabilitation is not performed
- Persistent swelling and progression of arthritis



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[stevenchudikmd.com](http://stevenchudikmd.com)



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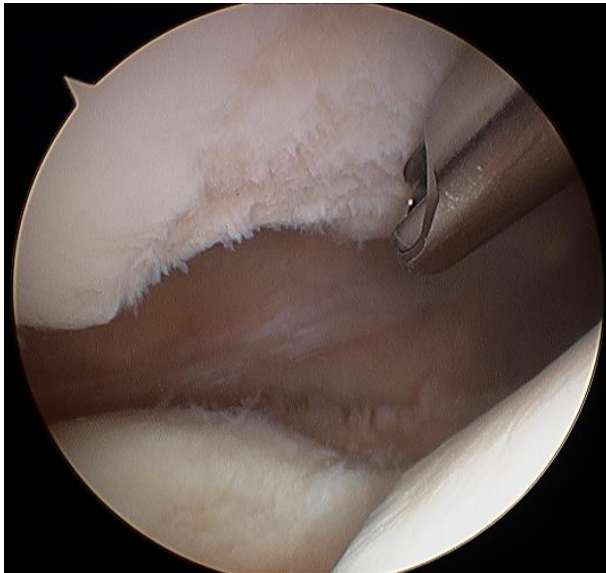
## SHOULDER, KNEE & SPORTS MEDICINE

### Hospitalization and Anesthesia

- Outpatient surgery (you go home the same day)
- IV sedation or light general anesthesia with local numbing medicine injected around the knee

### General Surgical Technique

Dr. Chudik performs arthroscopic surgery with the assistance of an arthroscope, a small camera that allows you look inside the knee through small incisions. Small arthroscopic shavers and cutting instruments are used to remove the loose body and contour the cartilage. For some lesions, Dr. Chudik may prepare the exposed bone surface to create bleeding and a healing response or perform other cartilage preservation techniques.



Arthroscopic debridement



Exposed bone without protective cartilage

### Post-Operative Course

- Keep the wound clean and dry for the three days following arthroscopic surgery, then you may shower but not submerge the wounds for three weeks.
- You will use crutches for approximately two to six weeks depending on the severity of the cartilage and meniscus damage.
- Physical therapy should begin two to three days after surgery and continue for approximately three to four months depending on severity. It is crucial to follow through on and maintain a proper therapy schedule.
- Minimize standing and walking for six weeks with a gradual progression of activity.



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## SHOULDER, KNEE & SPORTS MEDICINE

### Preoperative Instructions

- Discontinue birth control pills
- Stop blood thinners such as aspirin, Coumadin<sup>®</sup>, Lovenox<sup>®</sup>, Xarelto<sup>®</sup>, Eliquis<sup>®</sup> according to the prescribing doctor's directions
- Stop anti-inflammatory medicines such as ibuprofen, Advil<sup>®</sup>, Motrin<sup>®</sup>, Naprosyn<sup>®</sup>, Alleve<sup>®</sup>, etc.)
- Stop nutritional supplements and drinks like Vitamin C, ginseng, ginkgo biloba, etc.
- Stop smoking for surgery and during the first six weeks postoperatively to allow proper tissue healing

**Do not eat or drink anything from midnight, the evening before surgery**

### Scheduling Surgery

Call Dr. Chudik's surgery scheduler at 630-324-0402, or email [contactus@chudikmd.com](mailto:contactus@chudikmd.com)/ to:

- Schedule the date and location of surgery
- Schedule an appointment with Dr. Chudik's PA to complete pre-operative surgical education and other requirements
- Schedule a post-operative appointment with Dr. Chudik's team to remove sutures and review post-op instructions

**Notify My Office if Symptoms Worsen**



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