

NANO SURGERY VS. TRADITIONAL ARTHROSCOPY

A one-page comparison sheet for knee and shoulder patients

What is Outpatient Nano Surgery?

Nano surgery, also called needlearthroscopy, uses an ultra-small camera and micro-instruments to help diagnose or treat select joint injuries through tiny entry points. For some knee and shoulder patients, this may offer a less invasive outpatient option with smaller openings, less tissue disruption, and a faster path back to movement.

FEATURE	TRADITIONAL ARTHROSCOPY	OUTPATIENT NANO SURGERY
Instrument Size	4 mm to 5 mm rigid metal scope	1.9 mm ultra-slim needle-scope
Anesthesia	Often general anesthesia	Local numbing block for select procedures
Entry / closure	Small incisions; stitches may be needed	Micro-pinprick entry; adhesive bandage closure
Tissue Disruption	More disruption to surrounding tissue	Lower disruption using tiny instruments
Recovery Focus	Swelling may delay early movement	May allow earlier gentle movement

Why Patients Ask About It

- Smaller entry points
- Local anesthesia for select procedures
- Less swelling may support earlier movement
- Bandage-only closure for tiny entry points

Could You Be a Candidate?

- Knee or shoulder injury may need arthroscopic care
- You want a less invasive option, if medically appropriate
- You need a realistic return-to-work or activity plan
- A specialist confirms your injury is a fit

5 Questions to Ask Your Specialist

1. Am I a candidate for outpatient nano surgery for my specific joint injury?
2. Will I need local anesthetic only, or will light sedation be used?
3. What will my first 48 hours of movement and weight-bearing look like?
4. When can I return to my work, sport, hobby, or daily activity?
5. Is this procedure covered by my insurance or Medicare?



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