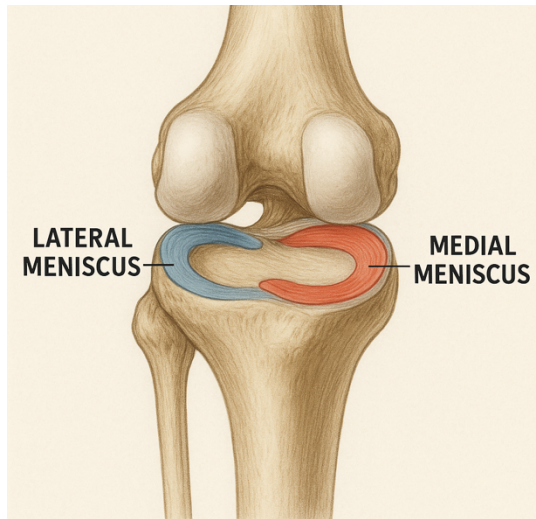


Patient Education Guide

Meniscus Tear and Repair or Meniscectomy



WHAT IS A MENISCUS TEAR?

The meniscus is a ring shaped structure in your knee that acts as a shock absorber. There is one on the inside (medial) and outside (lateral) side of your knee. It can tear from a direct injury or from overuse and wear and tear. The size and location of the tear will determine what treatment options are available.

HOW IS AN ARTHROSCOPIC SURGERY PERFORMED?

Dr. Mathur performs meniscus surgery arthroscopically. *Arthroscopy* is a minimally invasive surgery that involves multiple small incisions around the joint. A camera and small instruments are placed through the incisions and displayed on a high definition monitor. This minimally invasive approach leads to less postoperative pain, faster healing, and faster recovery.

Meniscus surgery can be either a repair (sewing together the tear) or a meniscectomy (removal of the torn pieces). The final decision of which surgery will be done is made during the operation when Dr. Mathur can see and evaluate the tear. The type of surgery that is done will determine the postoperative rehab protocol.

WHAT SHOULD I EXPECT?

BEFORE SURGERY

- Our office will contact you to book your surgical date, preop appointment, and first post op appointment.
- You will receive a call from preadmission testing. They will set up your preop labs and go through which medications to take and bring.
- The hospital will call between 1-5pm the day before your surgery to give you an arrival time and tell you if your surgery will be in the main building or in the ambulatory surgery pavilion (ASP).

- You may need medical clearance from your primary care doctor or cardiologist.
- Do not eat or drink anything after midnight the night before your surgery. You may take some sips of water with medicine.

MORNING OF SURGERY

- Arrive at the hospital at your instructed time.
- A family member or friend is allowed to come with you to help with the check in process and there is an area for them to wait while you are in surgery. You will require someone to take you home if you are leaving the same day of surgery.
- Dr. Mathur will meet you in the preoperative area to answer any questions and go through the plan.
- You will meet the surgical assistants and nurses that will be in the operating room.
- You will meet the anesthesia team, and they will go over their plan which often includes a nerve block to help with pain after surgery.

AFTER SURGERY

- Most patients will go home the same day of surgery.
- For the first few hours after surgery, you will be in the recovery unit where a nurse and the anesthesia team will monitor you and manage your postoperative pain.
- Once you are awake and comfortable you will be allowed to go home with a family member or friend.
- Keep your bandages clean and dry. This may require using plastic wrap or taking sponge baths.
- You may change your bandages if they get dirty. We will change them at the first postoperative appointment.
- Stay on a constant pain medicine regimen. The effects of the nerve block wear off 12-24 hours after surgery, and it is important to stay ahead of the pain.
- Read your discharge instructions from surgery for details on what you are and are not allowed to do after surgery.

FOLLOW UP AND PHYSICAL THERAPY

- Your first follow up appointment is usually 3-14 days after surgery.
- At this visit we will check your incision and determine when to start physical therapy.
- If you are allowed to begin physical therapy you will be given specific instructions to share with the therapist for your postoperative protocol.
- We will book your next postoperative appointment which is usually 4-6 weeks later.