

# Preparing for your Meniscus Repair

## About the Procedure:

-Diagnostic and Surgical Arthroscopy of the Knee: medial and/or lateral meniscus repair

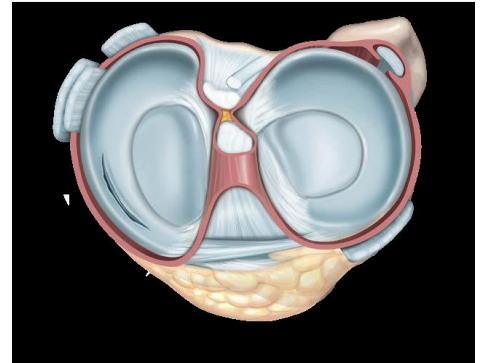
- Two small incisions will be made at the front of the knee. We use an arthroscope (camera) to look inside of your knee to directly visualize any injury to the meniscus.
- The torn part of the meniscus will be repaired with sutures (as seen in Picture A).
- Anesthesia will likely be a local block with sedation. You will be asleep for the entire case and your leg will be asleep for a few hours after surgery.
- Surgery is anticipated to take about 1-2 hours. Expect to be at the Tully Surgical Center for a total of 6-8 hours for pre-op and recovery. You will need a ride home.

## What to Expect After Surgery:

- ❖ You will use your knee brace and crutches for 4-6 weeks after surgery.
  - ❖ Day 0-2: rest, ice, elevation, pain control
  - ❖ Day 2-14: begin PT at Day 3-5
    - Day 10-14 = 1<sup>st</sup> post-op visit for suture removal
  - ❖ Weeks 2-6: PT for ROM and quad activation
    - Week 6 = 2<sup>nd</sup> post-op appt to assess ROM and strength, transition out of brace
  - ❖ Weeks 6-14: continue with PT and home exercises
    - Week 12: 3<sup>rd</sup> post-op appt, may discharge at this appt
- (These are our generic guidelines. Each plan will be individualized per patient)

## About Dr. Karen Sutton:

- Dr. Sutton is a board-certified sports medicine surgeon and Associate Attending at Hospital for Special Surgery. She has extensive expertise in arthroscopic surgery.
- Head Team Physician for US Women's Lacrosse Team
- Team Physician for the US Ski & Snowboard Team
- During her fellowship at Massachusetts General Hospital/Harvard School of Medicine, she assisted in orthopedic care of the Boston Red Sox and the Boston Bruins



A. Meniscus tear (before surgery)



B. Meniscus repair (after surgery)



C. Meniscus repair (lateral view after surgery)