

## **Meniscal Repair (Expectations)**

### **Aim**

Repair of a meniscus (cartilage) is preferable to removing it. It is not as common due to the way menisci usually tear. Stitches are put in the torn meniscus to hold it in place while the body heals the tear. These are usually put in through an arthroscope, but sometimes require a cut on your leg. To protect your repair you will have a brace on your leg for 2 months that limits how far it can bend. The success rate is 85% in appropriate repairable tears

### **Physiotherapy**

**Before surgery** it is important to help with strength and range of movement. You will also learn the exercises you will do after the surgery.

**After surgery** it is vital to:

- Reduce pain and swelling
- Maintain movement
- Restore normal muscle tone and strength
- Progress to a return to normal daily activities (often takes 12 - 16 weeks)

### **Brace**

You will have a brace on your leg for 2 months that will limit the bend to 90°.

### **Crutches**

These are not normally required. Exceptional cases require them for a few days. Walking with your weight on your leg is good for helping the tear to heal.

### **Wounds**

The large dressing should be removed after 24 hours and replaced with small sticky dressings. The stitches will be removed at 7 days. You will see Mr Lavender in clinic after 2 weeks.

### **Painkillers**

Painkillers are put into your knee at the time of surgery and last 6 – 8 hours. Begin taking other painkillers as soon as the sensation starts to return to your knee. Continue for a few days before you should be able to gradually stop them.

### **Driving & Work**

Driving is allowed after 24 hours providing you can do an emergency stop. Rest from work for 1 to 2 weeks (may be longer if you do heavy work).

### **Flying**

Should not be done for 6 weeks due to the risk of blood clots in your legs.

### **Sport**

Twisting sports are best avoided for at least 16 weeks.