



MENISCUS BEFORE PROCEDURE

Damaged meniscus area

Diagnosis

A small video camera called an arthroscope will be used to look into the joint.

Repair

Surgeon uses sutures or special fasteners known as anchors to sew or anchor the torn edges.

MENISCUS AFTER PROCEDURE

Damaged meniscus area repaired

Meniscus Repair

The meniscus acts as a shock absorber and provide stability to the knee joint. If the meniscus tears, it may be repaired through arthroscopic surgery. Repair is preferable to removal because the menisci help protect the articular cartilage (material that covers the ends of the femur and tibia) and prevent osteoarthritis of the knee.

DIAGNOSIS

Small incisions are made in the front and back of the knee. A small video camera called an arthroscope will be used to look into the joint, and small instruments will be inserted into these incisions to perform the procedure. After finding and inspecting the area of damage, the surgeon decides how to continue.

REMOVAL

Loose fragments around tears are removed to clean up the site for repair. If the tear is in an area of the meniscus that does not have a good blood supply, that portion may be removed.

REPAIR

Tears in an area of the meniscus that has a good blood supply are usually repairable because the blood supply promotes healing. To repair the meniscus, the surgeon uses sutures or special fasteners known as anchors to sew or anchor the torn edges of a meniscus together. The meniscus will then heal itself.

END OF PROCEDURE

Following repair, the incisions are closed with sutures or small bandages and the knee is wrapped and iced to control swelling. The knee may be immobilized for several weeks before rehab begins. If part of the meniscus was removed, weight-bearing and rehab may begin soon after surgery.

