

Patient guide

Advance Orthopaedic & Sports Injury Centre, Ballari

Meniscus repair

A torn meniscus treated on its merits: repair when it can heal, trim only when it cannot.

The meniscus is the shock-absorbing cartilage between the thigh and shin bones. Some tears are repaired with sutures so the rim can heal. Some are trimmed. Some are left alone and treated with physiotherapy. The choice is made from the examination and the MRI, not from the word tear.

Duration: Often under an hour. — your list may differ.

Anaesthesia: Often regional or general. Confirmed on the day.

Stay: Many arthroscopies are day-care.

Recovery: Desk work is often discussed in days to a few weeks. Sport takes longer.

1. Portals — Two or three small openings. A camera and fine instruments.
2. Decide on the tear — Seeing it can change the MRI plan. You are told what was done.
3. Repair or trim — Stitches if it can heal. A limited trim if it cannot.
4. Protect — A repair often limits bending and weight for a period. A trim usually moves sooner.

The aim is a knee that does not lock, with as much meniscus kept as possible.

This sheet is general information. It is not a personal plan.