

Arthroscopic Partial Meniscectomy or Meniscal Repair

What is a Meniscal Tear?

Meniscal tears are among the most common knee injuries. The Meniscus is made up of collagen and water and is the major shock absorber for your knee. Athletes, particularly those who play contact sports, are at risk for meniscal tears. However, anyone at any age can tear a meniscus. When people talk about torn cartilage in the knee, they are usually referring to a torn meniscus. Older people are more likely to have degenerative meniscal tears. Cartilage weakens and wears thin over time. Aged, worn tissue is more prone to tears. Just an awkward twist when getting up from a chair may be enough to cause a tear if the menisci have weakened with age.

How do you fix Meniscal Tears?

Dr. Acevedo uses Knee arthroscopy for meniscal surgery. He inserts miniature surgical instruments through other small incisions to trim or repair the tear. If the tear is repairable, then he will repair it using specialized instruments and non-absorbable sutures. If the tear is frayed or non-repairable, he will use specialized instruments to trim the least amount of meniscus necessary.

Length of Stay

This is same day surgery. You will need to have someone who can take you home. Your ride does not have to stay all day.

Anesthesia

Patients usually have two types of anesthesia for this surgery. The first is general anesthesia, which means you are asleep. The second type of anesthesia is a nerve block. Your leg will be numb and will feel very strange. The nerve block will last about 12-14 hours. The anesthesiologist will speak to you on the day of surgery. The ultimate choice of anesthesia technique is up to you and your anesthesiologist.

Incision

You will have 2-3 small incisions around your knee. They will only be about 1 cm long.

Pain

You will have pain medication prescribed for you prior to discharge. After the nerve block wears off you will have discomfort. Most of the pain is related to your very swollen knee. That swelling will resolve in 24-48 hours.

Brace

If you have a meniscal repair, your knee will be placed in a brace prior to leaving the operating room. You will be restricted to bending your knee past 90 degrees. You will also be restricted to bearing weight on your operative leg. A physical therapist will teach you your restrictions prior to our discharge. For the four weeks that you are in your brace, **you are not permitted to drive.**

Dressings

You will go home with dressings and gauze. After 3 days you may remove the dressings. There will be small black sutures (stitches) that will be taken out at your first post operative appointment 7-10 days after your surgery.

Physical Therapy

For the first month of recovery, you will do very gentle stretching and strengthening at home. Depending on your progress you may or may not need formal physical therapy.

Pictures

Dr. Acevedo will take photos during your surgery. Please bring those pictures to your first postoperative visit. Dr. Acevedo will review them with you and discuss exactly what was done in your knee.

Post Op Ice Therapy

If you can obtain an Ice Machine Unit these are very helpful. **Please be sure to bring it in with you on the day of surgery.** Plan to use ice on the knee intermittently at least for the first 48 hours after surgery. You should use ice therapy on the knee for 15-minute increments throughout the day. Using ice therapy helps decrease pain and swelling. You can use it daily as needed throughout your recovery period.

Driving

If you have right knee surgery: you are not allowed to drive until you regain full range of motion and can walk around without pain.

If you have left knee surgery: you can drive when you feel safe to do so.

Follow Up Appt

You should have had your follow up appointment made at the time of your preoperative appointment. You should be seen at around 10-14 days.

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