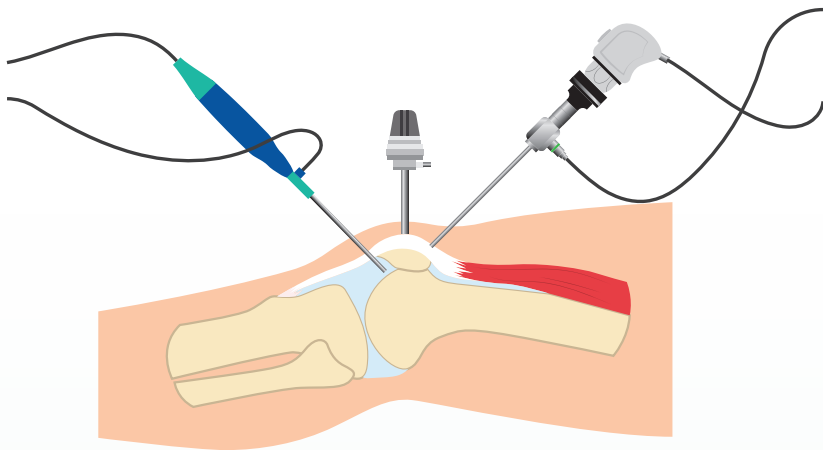


Your Meniscal Repair Surgery Experience



This booklet will take you through the
Meniscal Repair Surgery.

We want to ensure that you receive the highest level of healthcare. This means keeping you educated and informed about what is involved in the different stages of your Meniscal Repair Surgery. If you have any questions or concerns, please speak with your doctor or medical team.

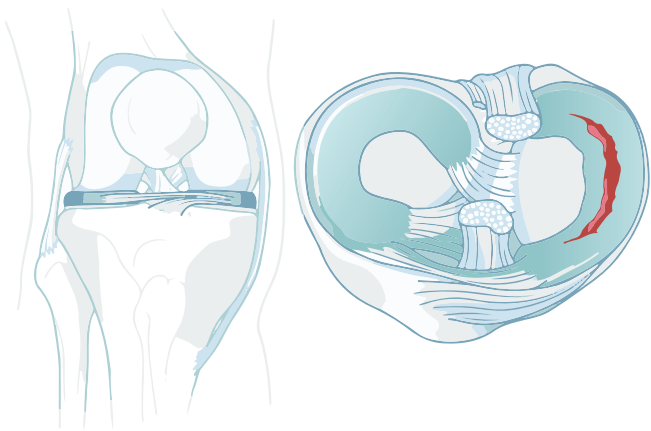
Understanding Meniscal Repair Surgery

Meniscus Repair Surgery is a common operation to remove or repair a torn piece of cartilage in the knee called the meniscus. Your knee has two rubbery, C-shaped cushions that work as shock absorbers in the knee joint, protecting the bones from wear and tear. When they tear or are injured, surgery is recommended if non-surgical options have not worked or are not recommended because of the tear pattern, and will likely take 15-30 minutes.

Types of Meniscus Surgeries

There are three types of Meniscus Surgeries.

- **Arthroscopic Repair:** The surgeon will make a small cut in your knee, insert an arthroscope to get a good look at the tear, and then stitch the torn pieces of meniscus/cartilage back together.
- **Arthroscopic Partial Meniscectomy:** A small cut will be made in your knee. The surgeon will insert an arthroscope to get a good look at the tear, then trim and remove the torn meniscus, leaving the healthy meniscus tissue in place.
- **Arthroscopic Total Meniscectomy:** During this procedure, the entire meniscus is removed. This procedure is rare with today's newer technologies.



How to Prepare for Your Meniscal Repair Surgery

Please note the following as you prepare for your upcoming surgery.

- **Your doctor will advise you to:**

- Have pre-operative blood tests and scans/X-rays; and
- Do a Pre-Anaesthetist Clinic (PAC) appointment with the anaesthetist, who will inform you when to stop eating and drinking and if any further investigations are needed before the procedure.

If you have diabetes, ask your doctor for instructions about when to take your insulin or other diabetes medication.

- **You should also do the following.**

- Take all other medications as usual with small sips of water on the morning of your procedure.
- Leave your jewellery and other valuables at home.

- Bring a current list of medications and allergies with you to the hospital.
- Bring your government-issued identification.
- Organise crutches for use after your surgery, as you are likely to need them. The hospital can help with this if needed.
- Ensure you have someone to drive you home after your procedure and to help you at home with everyday tasks such as cooking, bathing, and laundry.

The Procedure

These are the FOUR STEPS you will go through when you come to Health City for a Meniscal Repair Surgery.

STEP 1 You will be admitted 60 minutes before your procedure, or as directed. After check-in, a healthcare provider will take you to a room where you can change into a hospital gown. Your vital signs will be taken, and an IV line inserted in your arm for sedation and pain relief. After this, you will be taken to the operating room for your procedure.

STEP 2 The anaesthetist will give you either a spinal block, which numbs the lower half of your body, or a general anaesthetic, which puts you into a sleep-like state. Your orthopaedic surgeon might also inject a numbing medicine around nerves or in and around the joint to help block pain after your surgery.

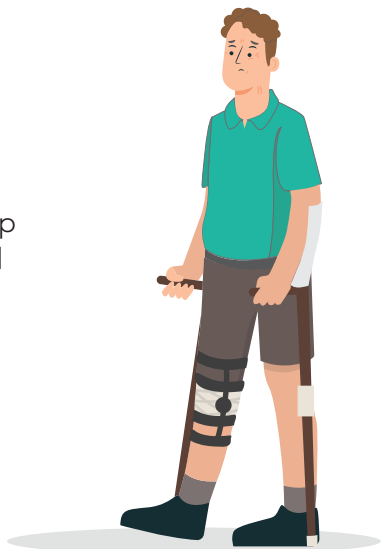
STEP 3

The surgical team will clean the skin on your knee and cover the rest of your leg with a surgical drape. They may place a clamp on your upper thigh to help with positioning during surgery. The surgeon will make a few small incisions, and then fill the knee joint with a sterile fluid. An arthroscope, a thin tube with a small light and video camera at the end, will be inserted into the incisions to view and repair the tear. Once the repair has been completed, the incisions will be closed with stitches or surgical strips, and your knee covered with a bandage.

STEP 4

After surgery, you'll rest in a recovery area for a short time before being taken back to your hospital room. Your surgeon will discuss with you before your surgery how long you are expected to stay in the hospital as this depends on your individual case. Your care team will check that all is stable before you are discharged by ensuring:

- Your vital signs are within an acceptable range,
- Your pain is manageable, and you do not feel nauseous,
- You can get out of bed and stand up from a chair without assistance, and
- You can walk a short distance with an assistive device.



Your Recovery Timeline

Activity	Uncomplicated Meniscus Removal or Meniscectomy	Meniscus Repair Surgery
Walking and bearing some weight on your knee	Right after the surgery, if you can tolerate it and with the help of a brace and crutches	
Walk with no crutches	2-7 Days	3-5 weeks
Drive	1-2 weeks if you can move with minimal or no pain and are not on opioid medication	2-4 weeks
Bending your knee	1-2 weeks	4-6 weeks
Athletic activity	4-6 weeks if your motion and strength are recovered and there is no swelling or pain in your knee	2-4 weeks

At-Home Care

You can expect some pain, swelling, and bruising after surgery. You should:

- RICE - rest, ice, compress, and elevate;
- Take prescription pain relievers, such as opioids, as prescribed;
- Keep the affected leg facing forward and in front while standing or sitting; and
- Apply heat before exercise and cut back on exercise if the muscles begin to ache.



Follow-up Appointments

Your dressing appointment will be three days post-discharge then every three days, or as needed. Your sutures will be removed 10-12 days post-procedure. You will have a review with the doctor one month after surgery. All appointments will be made at your convenience and availability. If you need assistance between appointments, please contact us.

FAQS

These are some common questions about
Meniscus Repair Surgery.

Q: What are the potential risks or complications of Meniscus Repair Surgery?

A: Meniscus Repair Surgery is low-risk and complications are rare. Some of these are listed below.

- **Blood clots (rare):** Surgeons typically recommend regular movement, sitting up, and walking with your assistive device soon after your surgery. You will also wake up from surgery wearing elastic compression stockings or inflatable air sleeves on your lower legs to reduce your risk of blood clots.

- **Infection (rare):** Infection can occur at the incision site or in the deeper tissue; antibiotics can be given to treat this. However, in severe and rare cases, another surgery might be needed to remove the infection.
- **Nerve or blood vessel damage (extremely rare):** Nerves and blood vessels in the knee can be injured, causing numbness, weakness, and pain.
- **Arthritis later in life**
- **Bleeding in the knee area**
- **Stiffness in the joint**
- **Anaesthesia complications, like any other surgery**
- **Failure for the meniscus to heal after the repair in 10% of cases**

Q: When should I call my Health City Care Team?

A: Please contact your Health City care team if you have:

- A fever that's higher than 101 degrees Fahrenheit
- Lots of drainage (blood or fluid) on the dressing that soaks through the bandage
- Pain or swelling that is not relieved by resting or elevating the leg
- Pus or foul-smelling drainage from any incisions.

If you have trouble breathing, please call 911 or your emergency services provider.

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