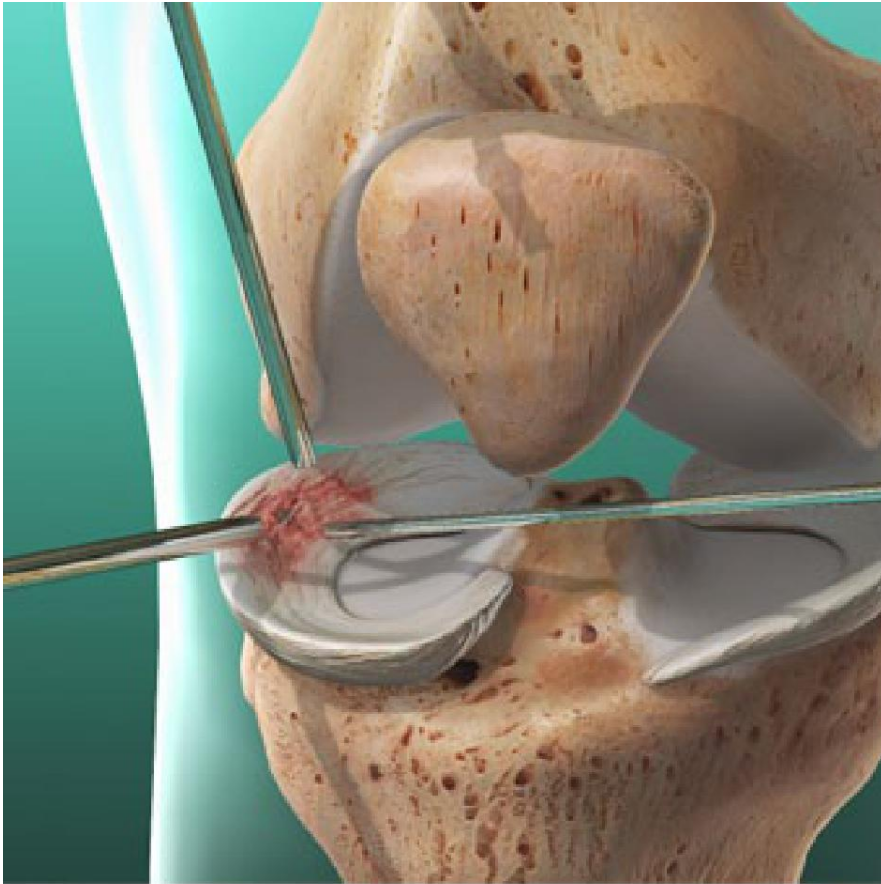




## Meniscus Repair (Arthroscopic Technique)



### Overview

Each of your knee joints is cushioned by two c-shaped wedges of cartilage. The two cushions in each knee are called the "menisci." Individually, each cushion is called a "meniscus." Certain motions, such as twisting the knee, can cause a meniscus to tear. In many cases, a torn meniscus can be treated with arthroscopic surgery.

### Preparation

In preparation for the procedure, you are anesthetized. The surgeon creates a series of small openings in your skin. An arthroscope is placed through one of the openings. This is a viewing device that allows the surgeon to see inside your knee. More surgical instruments are placed through the other openings.

### Repair

The surgeon carefully inspects your knee joint. If any loose fragments of tissue are found, they are removed. The surgeon evaluates your meniscus. In many cases, a torn meniscus can be repaired with sutures and anchors that secure it to the bone. If your meniscus is badly torn, or if the tear is in a part of the meniscus that is not likely to heal well, your surgeon may choose to remove the damaged portion.

### End of Procedure and Aftercare

When the procedure is complete, the openings in your skin are closed. Your knee is bandaged. You will be monitored for a brief time before you are allowed to go home. Your healthcare provider will give you instructions to help your recovery.

