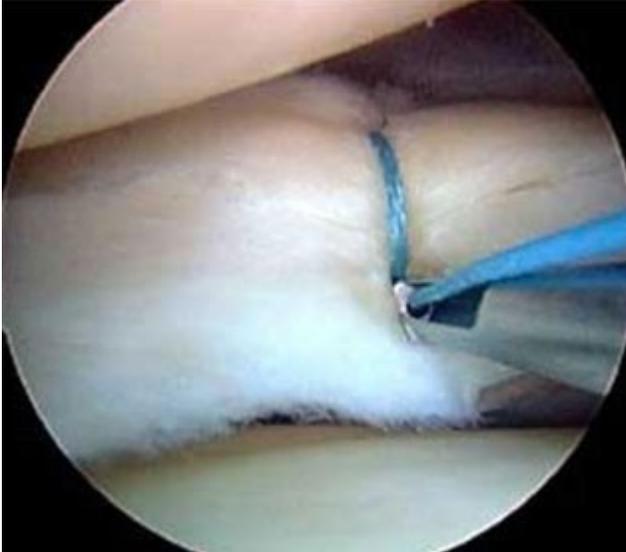


Cartilage Repair (Meniscal Repair) Surgery

Aim of Surgery

Cartilage tears that can be repaired are less common than ones that need removing. They are better for you as providing they heal then they leave you with a normal Cartilage (Meniscus).



Pre-Operative Assessment of fitness for surgery

This is not normally required unless there are specific problems with your general health.

Contraceptive Pill (OCP)

It is up to you.

If you wish to stop this for 6 weeks before your surgery and use a different form of contraception that is acceptable.

If you do not wish to stop using the OCP then please tell us when you come in for your surgery and we will give you an injection while you are asleep to help prevent you getting a blood clot in your leg.

Scratches / Cuts

If you have any scratches, cuts or the like on your leg when you are admitted for surgery then your operation may be postponed if Mr Raj believes that these will pose a risk to you getting an infection at the time of your surgery.

Stay in Hospital

Mr Raj will come and see you when you arrive.

He will get you to sign a form (Consent Form) agreeing to the operation and explain the risks of the surgery.

Normally your surgery will be done as a day case, being admitted and discharged on the same day.

You will require:

- To be brought to hospital by car.
- To be taken home by car.
- Someone to be in the house on the night of the operation.
- A telephone at home.

Walking

You can walk with all your weight on the operated leg as soon as the anaesthetic wears off.

You may need a pair of crutches for the first few days.

Physiotherapy

The physiotherapists will teach you exercises to do before you go home.

You will be fitted with a hinged brace before you go home. This will limit the movement in your knee from straight to a right-angle (0 – 90°)

Stitches

Mr Raj usually uses stitches to close the two / three small holes in the skin. They are usually removed after 2 weeks when you come to see Mr Raj in the out patients department.

Follow-Up

Mr Raj will normally see you at:

- | | |
|----------|--|
| 2 weeks | Explain what has been done and remove the stitches |
| 8 weeks | Remove the brace |
| 4 months | Ensure pain free |

Driving

You are unable to drive for at least:

Left leg 2 weeks

Right leg 8 weeks

Work

This depends upon your type of work and should be discussed with Mr Raj.

Mr Raj will provide a sick note if required.

Flying

You are not allowed to fly for 6 weeks following surgery, due to the risk of blood clots in your legs.

Sport

It will be at least 4 months until you are allowed to do sports. This may be longer if they involve twisting and turning.