

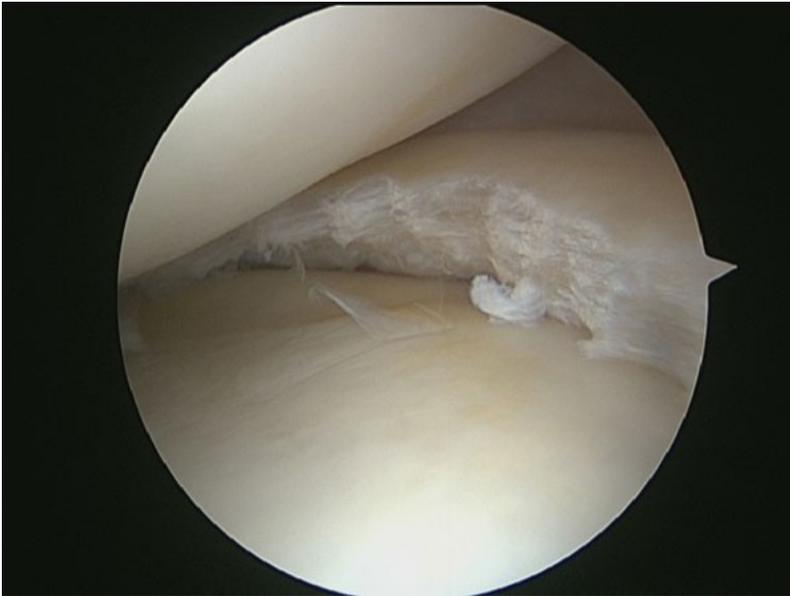
Cartilage Removal (Meniscal Resection) Surgery

Aim of Surgery

To remove all the torn cartilage (Meniscus) and stop it:

Causing pain

Damaging the knee



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.

It is rare for you to need a pair of crutches.

Physiotherapy

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

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 after the operation to explain what he has done and what he expects in the future.

Driving

You are able to drive after 24 hours unless Mr Raj advises otherwise.

Work

Rest for the first week or two allows the knee to settle quicker.

Mr Raj will provide a sick note if required.

Kneeling

This can be done when you feel comfortable.

Flying

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

Sport

Running and jumping are to be avoided in the first 8 weeks