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Meniscus Surgery:

What is the meniscus and why is it important?

The meniscus is a C-shaped piece of cartilage in the knee that acts as a shock absorber and provides stability to the joint.

What causes a meniscus tear?

Meniscus tears can occur due to sudden twisting or rotation of the knee, direct impact, or degenerative changes over time.

How do I know if I have a meniscus tear?

Common symptoms include pain, swelling, stiffness, locking or catching sensation in the knee, and difficulty fully straightening the knee.

Is surgery always necessary for a meniscus tear?

Surgery is not always necessary in small and stable tears. If the tear is large and unstable it will continue to give mechanical symptoms and cause damage to the cartilage leading to arthritis.

What types of meniscus surgery are available?

The two main types of meniscus surgery are arthroscopic meniscus repair, where the torn meniscus is sewn back together, and arthroscopic partial meniscectomy, where the torn portion of the meniscus is trimmed away.

If Repair is done how many stitches will be needed in the meniscus?

In small tears not more than 2 stitches are required, but in larger tears number stitches can be much higher depending upon an intraoperative decision.

Will I be able to put full weight and walk after the repair?

Generally a minimum of 4 weeks of Non-Weight bearing is advised if the meniscus is repaired to prevent loading, but it is customised as per morphology of each repair.

How long does meniscus surgery take?

The duration of meniscus surgery varies depending on the specific procedure performed and the complexity of the tear. Arthroscopic procedures typically take between 30 minutes to an hour.

What is the recovery time after meniscus surgery?

Recovery time varies but typically ranges from several weeks to a few months. Most patients can resume normal daily activities within a few weeks but may need more time before returning to sports or strenuous activities.

Will I need physical therapy after meniscus surgery?

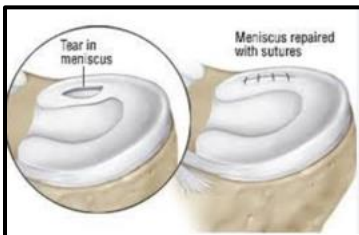
Yes, physical therapy is often recommended to help regain strength, range of motion, and function in the knee after surgery.

What are the risks associated with meniscus surgery?

Risks include infection, blood clots, stiffness, persistent pain, and the potential for the surgery to fail to relieve symptoms.

Can I prevent future meniscus tears after surgery?

While it's not always possible to prevent meniscus tears, maintaining a healthy weight, strengthening the muscles around the knee, and avoiding activities that put excessive stress on the joint can help reduce the risk.



MENISCUS TEAR SURGERY



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