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**Torn Meniscus Repair Introduction**
A healthy meniscus acts as a shock absorber and provides a smooth surface for your knee to glide on. A meniscal tear prevents your knee from rotating causing pain and locking.

**Incisions**
Small incisions (portals) are made around the joint. The scope and surgical instruments will go into these incisions.

**Visualization**
The scope is inserted into the knee. Saline solution flows through a tube (cannula) and into the knee to expand the joint and to improve visualization. The image is sent to a video monitor where the surgeon can see inside the joint.
Repair
A surgical instrument is inserted into the knee to mend the tear. The tear will be closed with suture or a resorbable tack-like device that dissolves over time.

End of Procedure
Closing the tear allows the meniscus to heal. The surgical instruments are removed and the procedure is completed.
1. What guidelines should I follow prior to my procedure? Will I need other tests or evaluations before the procedure?

2. What will happen if I don’t undergo the procedure now?

3. Which type of repair will you perform and why is it the appropriate procedure for my condition?

4. How long will the procedure last and will I be under anesthesia?

5. Will I have dressings, bandages, or stitches after surgery? When should they be removed?

6. How long of a recovery period can I expect, and what kind of help will I need during my recovery? Are there special instructions for eating, sleeping, or bathing?

7. When can I return to work, resume normal activity, drive, and exercise?

8. When can I bear full weight on the surgical side after the procedure?

9. Will I need to come back for appointments after the surgery?

10. Will I need physical therapy?