

Preparing for your Knee Arthroscopy

About the Procedure:

-Diagnostic and Surgical Arthroscopy of the Knee: partial medial and/or lateral meniscectomy

- Two small incisions will be made at the front of the knee. We use an arthroscope (camera) to look inside of your knee to directly visualize any injury to the meniscus.
- If we find a tear, only the torn part of the meniscus will be removed (meniscectomy). We try to preserve as much healthy tissue as possible.
- Anesthesia will likely be spinal anesthesia with sedation. You will be asleep for the entire case.
- Surgery is anticipated to take about 30 minutes. Expect to be at the Tully Surgical Center for a total of 6-8 hours for pre-op and recovery. You will need a ride home.

What to Expect After Surgery:

- ❖ You will be given crutches and a knee brace on the day of surgery. You may be weight-bearing as tolerated directly after the surgery. Most patients use crutches for 2-3 days for comfort.
- ❖ Day 0-2: rest, ice, elevation, pain control, ROM as tolerated
- ❖ Day 2-14: begin PT at Day 3-5
 - Day 10-14 = 1st post-op visit for suture removal
- ❖ Weeks 2-6: PT for ROM and quad activation, may resume light activity as tolerated
 - Week 6 = 2nd post-op appt to assess ROM and strength
- ❖ Weeks 6-14: continue with home exercises
 - Week 12: 3rd post-op appt, may discharge at this appt

(These are our generic guidelines. Each plan will be individualized per patient)

About Dr. Karen Sutton:

- Dr. Sutton is a board-certified sports medicine surgeon and Associate Attending at Hospital for Special Surgery. She has extensive expertise in arthroscopic surgery.
- Head Team Physician for US Women's Lacrosse Team
- Team Physician for the US Ski & Snowboard Team
- During her fellowship at Massachusetts General Hospital/Harvard School of Medicine, she assisted in orthopedic care of the Boston Red Sox and the Boston Bruins

