



Meniscus Tears FAQ's

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ARE ALL MENISCUS SURGERIES THE SAME?

- No. There are three types of meniscus surgeries:
 - Meniscectomy is trimming out the torn portion.
 - Meniscus repair is repairing a torn portion back to itself or the joint capsule
 - Meniscus root repair is repairing the meniscus back to its bony attachment
- Some meniscus tears cannot be repaired

DO ALL MENISCUS TEARS NEED SURGERY?

- No. Most patients with meniscus tears should start with non-surgical management.
 - The goal is to improve pain and function with OTC medication, ice, heat, activity modification, injections, and therapy.
- There are exceptions to this, for some meniscus tears, surgery may be recommended right away.
- Occasionally, if there is too much arthritis in the knee, meniscus surgery will not be recommended.

WHERE WILL MY SURGERY TAKE PLACE?

- One of a few locations:
 - Surgery center: High Pointe
 - Hospital: Woodwinds or Osceola Medical Center

WILL I HAVE ANY RESTRICTIONS AFTER SURGERY?

- Meniscectomy: No restrictions, no brace, no range of motion limitation
 - Avoid impact activity for 6 weeks
- Meniscus repair: Yes.
 - Hinged knee brace locked in full extension when walking for 6 weeks
 - Ok for full weightbearing with brace locked
 - Ok for knee ROM 0-90 for 6 weeks
- Meniscus root repair: yes
 - Hinged knee brace locked in full extension when walking for 6 weeks
 - Toe-touch weightbearing and crutches for 6 weeks
 - Range of motion 0-90 for first 6 weeks

HOW WILL MY PAIN BE MANAGED AFTER SURGERY?

- It will be recommended that you take Tylenol (1000 mg 3x/day) and ibuprofen (600 mg 3x/day) around the clock
- Oxycodone, or another narcotic pain medication, will be prescribed to take as needed.
- Please see the pain management FAQ

WILL I NEED PHYSICAL THERAPY?

- Meniscus repair or root repair: Yes, physical therapy should start about 1 week

WHEN CAN I RETURN TO SPORT?

- Meniscectomy in a competitive athlete may allow for return at around 6 weeks
- Meniscus repair will likely require 5-6 months before return to sport

HOW WILL I MANAGE MY INCISION?

- The surgical dressing can be changed 3 days after surgery. You may then shower, let soap and water run over the incisions, do not scrub. Pat dry and replace a clean dressing.
- Do not soak your incision until 3 weeks from surgery.

WHAT TYPES OF THINGS SHOULD I CONTACT THE SURGICAL TEAM ABOUT?

- Fever over 101
- Drainage from your incision after the first few days
- Increasing redness warmth around your incision or knee.
- Sudden increases in pain

WHERE TO GO WITH QUESTIONS?

- If you have questions for the surgical team, please call Dr. Schmiesing's Care Coordinator at 651-351-2621.
- To schedule an appointment, call 651-439-8807