

Knee arthroscopy

Preoperative discussion/Postoperative instructions

WNY Knee and Orthopedic Surgery PC

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Knee arthroscopy is a surgical procedure designed to improve pain from conditions such as meniscal tears, loose bodies, inflammatory tissue or cartilage defects. This procedure is generally done as an outpatient and takes 30-45 minutes to complete. Small incisions are made on either side of your kneecap to allow instrumentation for the procedure. Despite being considered minimally invasive, it is still a surgery carrying risks which are low. These include anesthesia, infection, blood clots, persistent pain, problems with motion and recurrence of preoperative problems such as repeat meniscus tears. This is a general anesthetic procedure and once concluded, you will spend a short period of time in recovery. There is a pedal device that they will use prior to your discharge and you are able to walk right away. You normally will not require the use of crutches or sutures. Your incisions will heal independently. You may have drainage from the incisions for a short period of time postoperatively which is controlled using ice and elevating your leg above the level of your heart several times a day postoperatively. You will have a prescription for ibuprofen 800 mg every 8 hours with food as long as you are medically cleared to do so. If you experience any side effects from this medications including gastric upset, you should discontinue this and contact us. The majority of meniscus tears require trimming of the torn fragment allowing you to begin physical therapy the following day. However, if it is felt that the tear could heal, you may have a meniscal repair. If this is the case, you will be discharged in a knee immobilizer which will be used for a couple of weeks to allow healing. You are seen in our office 3 weeks postoperatively, although if you have questions or concerns prior to this, we can see you sooner or discuss questions over the phone.