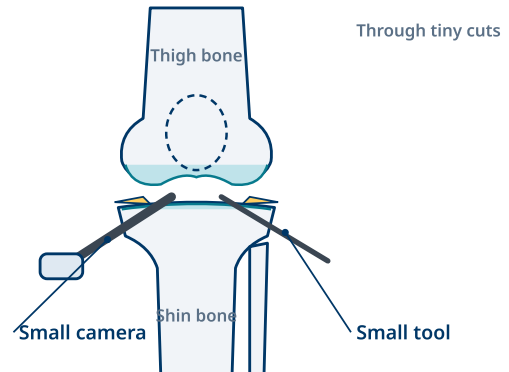


Arthroscopic Knee Surgery

What it is

Arthroscopic knee surgery uses a small camera and tools placed through tiny cuts. The surgeon can look inside the knee and repair or trim damaged tissue. Many people go home the same day.



Why it is done

- Symptomatic meniscus tears with mechanical symptoms such as locking
- Loose bodies in the joint
- Certain cartilage or ligament injuries
- Symptoms not improved with conservative care

Self-care tips

- Walk a little several times a day.
- Follow your limits on lifting, bending and twisting.
- Keep the cut clean and dry. Follow your wound care instructions.
- Take pain medicine only as directed. Do not smoke; it can slow healing.

What to expect

Before: You have an exam, an MRI review and tests before surgery.

During: You get anesthesia. The surgeon places a small camera and tools through tiny cuts around the knee.

After: You go home the same day with a rehab plan. Physical therapy helps you get back strength and motion.

When to call us

- Fever over 101°F or chills
- Redness, swelling or fluid draining from the cut
- Pain, swelling or redness in your calf
- New or worse numbness or weakness

Call 911 for chest pain, trouble breathing, or loss of bladder or bowel control.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/arthroscopic-knee-surgery/



Scan for the full web
page

This handout is general information and is not a substitute for medical advice.