

Meniscus Root Repair — Pre-Operative Patient Guide

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Meniscus Root Tear

Your Condition & Procedure

The condition

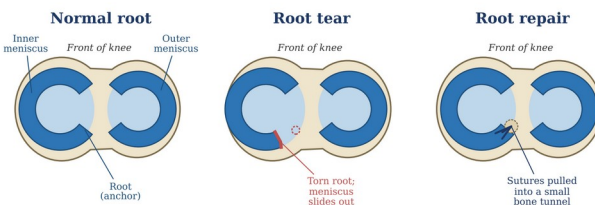
Each **meniscus** is a C-shaped cushion anchored to the shin bone by its **roots**. A **root tear** detaches this anchor, so the meniscus no longer absorbs load—much like having no meniscus. It can occur with a minor squat or twist and, if complete and untreated, can lead to rapid arthritis.

The surgery

Root repair is a typically outpatient surgery done through small incisions with a camera. Sutures placed in the torn root are pulled through a small tunnel in the shin bone and secured, reattaching the meniscus in its normal spot. Other procedures may be done at the same time. The final plan is determined during surgery.

Risks & benefits

Benefits: Repairing the root restores the meniscus's cushioning and can slow arthritis. **Risks** are uncommon and include infection, blood clots, the repair not healing or loosening, progression of arthritis, injury to nearby structures (such as nerves, blood vessels, or cartilage), stiffness, persistent pain, and the need for further surgery. These will be reviewed with you in detail before surgery.



Meniscus root tear and repair, viewed from above (illustration)

Before Surgery

- **Medications:** We will tell you what to stop and when (e.g., blood thinners, anti-inflammatories, some supplements, weight-loss injections).
- **Fasting:** Follow the instructions from your surgery coordinator/facility. In general, you should have nothing to eat or drink starting at midnight the night before surgery.
- **Nicotine:** Stop all nicotine products—they slow healing.
- **Equipment:** A knee brace and crutches are typically arranged beforehand. Practice with crutches.
- **Physical therapy:** Schedule your first visit for within about a week after surgery.
- **Home:** Plan for a helper and remove trip hazards; a shower chair can help.
- **Medical history:** Let us know if you or anyone in your family has a history of blood clot disorders or a malignant hyperthermia reaction to anesthesia.
- **Health:** Call us if you develop a fever, illness, or skin problem near the knee.

Day of Surgery

- If instructed, take blood pressure/heart medications with a small sip of water.
- Arrive at the time given by your surgery coordinator.
- Bring your medication list, insurance card, photo ID, and brace/crutches if you have them.
- Wear loose clothing; leave jewelry and valuables at home.
- A responsible adult must drive you home. You may **not** drive yourself.

Immediately After Surgery

- You will recover in the recovery area; most patients go home the same day.
- Your surgeon will discuss the procedure with you and your support person.
- Your care team will review wound care, restrictions, medications, follow-up, and warning signs before discharge.

Milestone	What to Expect After Surgery (General Timeline)
Weight-bearing	No weight for 6 weeks (the foot may rest on the floor for balance), with crutches and a brace locked straight. Weight is then added over 2 weeks.
Motion	Bending to 90° for ~4 weeks; full motion by 10–12 weeks. No deep squats or resisted hamstring exercise for 4 months.
Daily life	Desk work often within 1–2 weeks. Repeated deep squatting and kneeling are best limited for months. No driving while taking narcotic pain medication.
Running	Not before 16 weeks.
Sports	Cutting and pivoting no sooner than ~5 months; full release typically 5–6 months.
► Please note: This is a general guide only. Detailed post-operative instructions will be provided on the day of surgery, and your restrictions and timeline may change based on the findings and procedures performed.	

Learn More

We **strongly recommend** reading these pages from the American Academy of Orthopaedic Surgeons (OrthoInfo) before your surgery:

Your procedure: Meniscus Repair — <https://orthoinfo.org/en/treatment/meniscus-repair/> -- Note, emphasis on portions discussing Root tears

Video: You may find a video demonstrating an example (not the exact technique) of your surgery at <https://patient.orthopedica.com/student/path/1749354/activity/3864379> (or browse <https://patient.orthopedica.com/student/catalog>).

Questions before surgery? Call our office at (972) 378-1438. For a medical emergency, call 911.