WHAT IS IT?

Arthroscopy is the exploration of the joint through a minimum incision, using a micro-camera that visualizes the joint and allows to repair possible injuries, in this case meniscal injury.

CARE:

- Avoid going up and down stairs.
- Avoid manipulating and wetting the bandage.
- Do not put anything under your knee when lying or sitting.
- Maintaining relative rest with the extremity up at least first 72 hours.
- It is frequent and should not worry if:
  
a. Have tolerable pain that calms down with the prescribed analgesia.
  
b. Have slight inflammation of the area.
  
c. Small patches of blood come out in the bandage.

- When leaving the hospital you should request an appointment for consultation with your specialist within approximately 2 weeks.
- Take the medication as directed at discharge. If you have a relatively sedentary job, and you believe that you could join your job before being seen by the specialist, consult your family doctor about the possibility of a job.
- Wear thick-soled footwear that absorbs the force of the impact of the foot against the ground when walking. DO NOT wear shoes with high heels.
- It is preferable to use a flat shoe or with a light heel. The shoe should be comfortable, firm and with good cushioning (rubber sole).

You will go to the emergency department of the hospital with the following warning signs:

- Severe pain that does not subside with the medication indicated in the discharge report.
- Swelling in the leg.
- Bad smell under the bandage.
- Fever of more than 38ºC.
- Bluish coloration on the extremity.
**INITIAL EXERCISE PROGRAM**
- Try to perform the exercises every day according to the pain tolerance that is provided below:
  - Standing, extended leg raising without bending the knee, 10 times.
  - Lie down or sit with your knees bent without moving about 10 degrees.
  - Press the heels against the floor, contract the muscles of the back. Hold the tension for 5 seconds and then relax. Repeat 10 times.

**RECOMMENDATIONS (MEDICAL RELEASE)**

**KNEE ARTHROSCOPY (MENISCECTOMY)**

- Press the ankle on a towel and keep the leg as extended as possible, repeat 10 times.
- Elevate with extended leg, 10 times.
- Raise the leg about 10 cm and hold on for 5 seconds, continue raising the leg another 10 cm and return to the initial position.
- Partial squat, with chair, 10 times. DO NOT LOWER more than 90º and keep your back straight.