

Meniscus Repair Surgery

The meniscus is a c-shaped cartilage layer in the knee that acts as a shock absorber. When damaged it may be possible to repair the meniscus using keyhole arthroscopic knee surgery. This minimally invasive procedure aims to repair the damaged meniscus, providing relief from pain, swelling, and instability. If a repair is not possible then the meniscus will be trimmed and made stable.

Meniscus repair vs meniscus removal



Through a series of small incisions made into the knee, our surgeons access the affected area with precision. A tiny camera is inserted into one of these incisions, providing a live view of the meniscus. This enables our surgeons to assess and treat the damage, allowing effective repair and restoring joint function.

Due to the level of damage, sometimes the meniscus is irreparable. This is when meniscus removal surgery (meniscectomy) is performed. The damaged parts are carefully trimmed away, preserving as much healthy tissue as possible to keep normal knee function.

Why choose KIMS Hospital?

At KIMS Hospital, our dedicated team of healthcare professionals is committed to delivering exceptional care to our patients. With the support of our consultants and state-of-the-art facilities, we strive to provide the highest quality of healthcare to the people of Kent.

To find out more about Meniscus Repair, and the benefits of choosing KIMS Hospital please [get in touch with our friendly team](#).

Prices & payment

Meniscus Repair
from £3,580

Meniscectomy (Partial)
from £3,380

Meniscectomy (Full)
from £4,400

The above are guide prices only.

Our [terms and conditions can be found here](#).

Consultants



Mr Dominic Davenport

KIMS Hospital+1 location

[View profile](#)



Mr Abhijit Dey

Available at
KIMS Hospital

[View profile](#)



Mr Paul Gill

KIMS Hospital+1 location

[View profile](#)

Mr Kasetti Ravikumar



KIMS Hospital+2 locations

[View profile](#)



Mr Manjunathan Sivaprakasam

Available at
KIMS Hospital

[View profile](#)



Mr James Young

Available at
KIMS Hospital

[View profile](#)



Mr Craig Zhao

KIMS Hospital+1 location

[View profile](#)

Meniscus Repair FAQ

Can I walk after my procedure?

You should be able to bear your full weight after surgery however crutches may be necessary for the first 7-10 days to assist with walking. Although some find they can walk after a week with minimal pain, recovery is different for everyone. In some circumstances, with a more complex tear, patient crutches may be needed for up to 6 weeks. Your surgeon will discuss this with you.

A knee brace is commonly needed to prevent excessive knee flexion and protect the meniscus

repair.

Can I drive after knee surgery?

Post surgery, we recommend you arrange transport prior to your appointment. You will have restricted motion in your joint for up to 6 weeks, making it dangerous for you to drive. When you have regained motion with no pain and no longer need crutches then your consultant will let you know if it's okay for you to start driving again.

How long will my procedure take?

The surgery itself takes about an hour. You will usually be allowed to return home either on the same day or the day after surgery, provided the medical team are content with your recovery.

Please ensure you have arranged for someone to collect you and assist you on your return home. Your knee will be swollen and hard to bend for some time. You will be given medication and our team of Physical Therapists will give you a formalised physiotherapy plan to help you regain full activity.

How to prepare for knee surgery?

Plan how you will get to and from the hospital. It's recommended to have a friend or family member available to drive you home after the procedure. Prepare your home to ensure you are comfortable upon your return, this involves setting up a recovery area with easy access to essential items as motion will be limited after surgery.

How long is recovery after Meniscus Repair Knee Surgery?

It can take up to six weeks to walk without crutches and six months to return to high intensity sports.

Post-treatment instructions will be provided to you by your Doctor. This will include restrictions on physical activity, wound care guidelines, Physiotherapy and guidance on post-operative appointments. Be sure to keep off your feet and stay away from heavy lifting and sports.



How much does Meniscus Repair Knee Surgery cost?

A private Meniscus Repair Surgery at KIMS Hospital starts from £3,580. You can use private medical insurance or pay for yourself. Flexible payment plans are available to spread the cost.