

AUTOLOGOUS CHONDROCYTE IMPLANTATION POST- OPERATIVE INSTRUCTIONS



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1. First meal at home should be clear liquids.
2. Use the cold therapy unit continuously for 3 – 7 days, then use it as needed. Alternatively an ice bag should be applied to your knee for 20 minutes four times daily for 72 hours. **DO NOT USE HEAT** - this may increase swelling and discomfort.
3. Exercises other than the CPM machine are not necessary at this stage. You will be instructed on exercises during your visit to the office next week. Please start the CPM machine immediately. It should be used 3 times a day for 2 hours each time. Start the range of motion at 0 – 45 degrees and advance the range of motion 10 – 15 degrees per day (approx. 5 degrees per session).
4. You will need to use crutches and remain non-weight bearing until instructed otherwise. Please do not put weight on your leg unless instructed to do so by me.
5. A prescription for pain medication will be provided before your discharge home. Do not take any aspirin for one week after surgery (use plain Tylenol instead). Please inform us of any drug allergies.
6. Wound Care:
 - (a) Keep dressing clean and dry.
 - (b) If the wound should become red, swollen or show any change, call the office immediately.
 - (c) You may remove the stain of the Betadine Scrub with alcohol.
 - (d) The dressing will be changed at the office if you are having problems please notify the office and we will change the dressing for you.
8. You may shower after the staples have been removed. Please avoid totally submerging the area until the incisions are healed.
9. Activities:
 - (a) Let pain be your guide to activity-too much pain, too much activity.
 - (b) Some amount of swelling will be present postoperatively.
 - (c) Do not use exercise machines unless specified.
 - (d) Elevate the knee to decrease swelling.
 - (e) Rotate ankle to help prevent swelling.
10. Make your follow-up appointment date for approximately 7 - 10 days after your surgery. Until your first check in the office, do not swim, take tub baths, or use a whirlpool.
11. If you develop a fever of 101 degrees or above, if your knee becomes extremely swollen, cold, blue or numb; or if the pain is not relieved by prescription medication, please notify me at once.

Thank you for following the above instructions. If you have any questions - please call my office. The receptionist will put you in touch with me or my assistant.