

KNEE ARTHROSCOPY WITH MICROFRACTURE POSTOPERATIVE INSTRUCTIONS



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1. First meal at home should be clear liquids.
2. An ice bag should be applied to your knee for 20 minutes four times daily for 72 hours. Do not use heat.
3. Exercises are not necessary at this stage. You will be instructed on exercises during your visit to the office next week.
4. You will need crutches. Please do not weight bear on the leg until instructed to do so by me. You will be on crutches for 4-6 weeks.
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 known drug allergy.
6. Wound Care:
 - (a) Keep dressing clean and dry.
 - (b) Do not remove the dressing until you see me in the office.
 - (c) If the wound should become red, more swollen or show any change, call the office immediately.
 - (f) Do not remove the steri-strips from the incision.
 - (g) It is not unusual for there to be some bleeding through the dressing initially.
7. You may shower 4-5 days after surgery. Please avoid totally submerging the area until the portals are healed.
8. 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.
9. Make your follow-up appointment date for approximately 7 - 10 days after surgery. Until your first check in the office, do not swim, take tub baths, or use a whirlpool.
10. 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.