

KNEE ARTHROSCOPY WITH MICROFRACTURE

Postoperative Instructions

MEDICATIONS: You will be given three prescriptions- Medications to control pain, nausea, and constipation. Take as directed. You should also eat yogurt for the first 3 days to help maintain the normal, helpful bacteria within your stomach.

DRESSING: You may remove your dressing 48 hours after surgery. You do not need to reapply a dressing unless you would like. **LEAVE THE TAPE STRIPS OVER YOUR INCISIONS.** These will stay on for 1 ½- 2 weeks and will slowly peel off.

SHOWERING: You may shower after your dressing is changed letting soap and water run over the incision, no scrubbing. You do not need to redress the incisions. Do **NOT** immerse in a tub or pool for 4 weeks to avoid excessive scarring and risk of infection.

ICE: Icing is very important to decrease swelling and pain and improve mobility. During the first 24 hours, apply ice every 2 hours, 15 minutes each time. After 24 hours, continue to use the ice 3 – 4 times a day, 15 – 20 minutes each time to keep swelling to a minimum.

WEIGHT BEARING: You should not put any weight on your leg until your first post-op visit at which time your surgeon will review your weight bearing restrictions

ACTIVITIES: Rest and elevate your leg for the first 24 hours. Do **NOT** place a pillow under your knee. Elevate with a pillow under your calf and ankle. It is important to get your leg as straight as possible as soon as possible.

EXERCISES:

1) Quadricep Contractions:	5 – 10 per hour Push knee into bed Tighten thigh muscle
2) Ankle pumps	10 per hour

If you experience severe pain that your pain medication does not relieve, you should let us know. **If you experience a temperature over 101.5*, redness or swelling in your thigh or calf, please contact our office daytime, evenings or weekends at (847) 634-1766**

GOALS: Normal ambulation 24 hours after surgery and normal range of motion within one week of surgery.