



Orthopaedic Specialty Institute

Medical Group of Orange County

Robert Grumet, MD

POST OPERATIVE INSTRUCTIONS **KNEE ARTHROSCOPY AND MICROFRACTURE**

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to knee every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours. It may be helpful to take pain medication approximately one-half hour prior to exercise session.
- D. Remain in your brace with knee locked in FULL EXTENSION at all times.
- E. You must remain TOE TOUCH WEIGHT BEARING for at least 6 weeks post operatively. Do NOT transfer weight on the foot of the affected leg. Utilize crutches for ambulation.
- F. Begin using your Continuous Passive Motion (CPM) machine for a combine total of 4-6 hours per day. You may break this time up throughout the day.
 - CPM instructions: Begin at 0-30 degrees and progress 5-10 degrees every other day.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Continue CPM use 4-6 hours per day
- D. Continue with your Ankle Pump and Quadriceps Set exercises. Try to accomplish a little more each time you do them.

3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. Continue CPM use 4-6 hours per day
- C. You may TOE TOUCH WEIGHT BEAR on your operated leg in your brace. You will walk with crutches and the brace locked in extension. Use your crutches for balance. You need to sleep with your brace locked in extension for the first two weeks
- D. Wear your brace at ALL times with the following exceptions:
 - Showering.
 - Short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported in extension
- E. You may remove the surgical bandage and shower this evening. Please keep your op site(s) dry when taking a shower. You can cover your incision with waterproof bandages (available at your local pharmacy) or plastic wrap. Do not remove steri strips that cover your incision, as they are used to keep your wound together and protect your stitches.

For Return Appointments

Your 2nd visit will be 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113.

During business hours 8:00am-5:00pm, ask for Elyse.

If you have a problem after hours, the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.