



Orthopaedic Specialty Institute
Medical Group of Orange County

Robert Grumet, MD

POST OPERATIVE INSTRUCTIONS
KNEE ARTHROSCOPY WITH 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 is helpful to take pain medication approximately one-half hour prior to exercise session.
- D. You must utilize your crutches and knee brace when ambulating. Your knee brace must be locked into FULL EXTENSION and remain NON-WEIGHT BEARING on your operative with use of your crutches.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake.
- B. Pain medication as needed.
- C. Remain non-weight bearing on the affected leg. Continue to use crutches.
- D. Continue with your Ankle Pump and Quadriceps Set exercises. Try to accomplish a little more each time you do them.
- E. If you have a continuous passive motion machine (CPM) you may begin using it and progress up to 90 degrees of hip flexion as tolerated. Please log 4-6 total hours in the CPM each day (broken into sessions as tolerated).

3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. Continue exercise as tolerated
- C. You may remove surgical bandage and shower this evening. Do not remove steri strips that cover your incision. These strips are used to keep your wound together and protect your stitches.
- D. You will need to keep your op site(s) dry when taking a shower. You can purchase water-proof bandages at your local pharmacy to cover your incision.
- E. Remain non-weight bearing on the affected leg. Continue to use crutches.
- F. Wear your brace at all times when walking. The brace may be removed for showering. It may also be removed for short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported.

For Return Appointments

Your 1st post-op visit will need to be scheduled for 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113 and ask for Elyse during office hours 8:00-5:00. 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.