



**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 use of your crutches for ambulation.

**2. First Post-Operative Day**

- A. Continue ice pack every 1 to 2 hours while awake.
- B. Pain medication as needed.
- C. 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.

**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. 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 1<sup>st</sup> 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.