

Postoperative Instructions: Knee Microfracture/Abrasion Arthroplasty

When You Get Home:

Rest for the remainder of the day.

Be Safe- stay in the care of responsible adult the first 24 hours.

Elevate the leg on 1 or 2 pillows for the first 2 days.

Use Ice as much as possible:

20 minutes on/20 minutes off for regular ice packs/frozen peas, with a towel or cloth between you and the Ice
If you are using a Cold Therapy unit, use it according to the manufacturer's instructions.

Pain Medication:

Take your pain medication- it's better to stay ahead of the pain.

Oral Narcotic pain medicines (Vicodin/Hydrocodone, Percocet, Tramadol, Codeine) help with pain, but can cause:

Drowsiness: Be Safe, don't drive, operative machinery, don't mix it with alcohol.

Stomach upset: Take with food, or try over the counter Zantac or Tums.

Constipation: Drink enough fluids, use fiber supplements (Metamucil, Senokot)

Take Prune juice or Milk of Magnesia if still constipated after 2 days

You may take anti-inflammatory medication to help with pain and swelling.

Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.

Ok to take with Pain Medications, not with other anti-inflammatories

After 4 days of Toradol, you can take other anti-inflammatory medicines like:

Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex

Go easy on the anti-inflammatory medications if you have stomach problems.

Dressing and Wound Care:

Keep the surgical dressing and white stocking on for 2 days

Then you may remove the dressing, take a shower (it's okay for the small incisions to get wet).

Dab the incisions dry with a gauze, then put new gauze dressings or square band-aids over the incisions

No bath/pool/hot tub (putting the knee underwater) for 2 weeks

Exercises:

Begin exercises immediately:

Tighten and release your thigh and calf muscles (called Isometric exercises).

Start gently bending the knee (and hip and ankle).

Activities:

You will need to use crutches (or walker) for support for 4 weeks, to allow the microfracture area to stabilize and heal.

You will be able to discontinue crutches 4 weeks after surgery.

You may get up to the bathroom or kitchen, but avoid being up too long (causes swelling).

You'll be getting around your house well within a few days.

Wait for several weeks before being up for hours at a time.

Driving: Only after you are SAFE, which means:

Off pain medications, able to control a vehicle safely- get foot from gas to brake and press hard.

This usually takes several weeks if your injured side is Right side. Use your best judgment.

Problems or Questions? Call us at 925.600.7020

Feel free to call us if you have any concerns, or if you have any:

Unrelenting pain, or increasing swelling or numbness, or high fever (above 101.5)

Continuous drainage or bleeding that is soaking your dressing

Chest pain, shortness of breath