



## **DISCHARGE/POST-OP INSTRUCTIONS** **KNEE ARTHROSCOPY WITH MICROFRACTURE**

Medication given may have significant effects after discharge; therefore, on the day of surgery:

1. **You must be accompanied** by a responsible adult upon discharge and for 24 hours after surgery.
2. Do not drive a motor vehicle, operate machinery, power tools or appliances, drink alcoholic beverages, or make critical decisions for 24 hours.
3. Be aware of dizziness, which may cause a fall. Change positions slowly.
4. **EATING**: You may resume your regular diet but it is better to increase intake slowly with liquid and work up to solid foods.
5. **PAIN**: You may have been given a prescription for medication. Begin taking your pills as soon as pain returns. If this medication does not provide adequate relief, call your surgeon.
6. **NAUSEA/VOMITING**: Nausea and vomiting may occur as you become more active or begin to increase food intake. If this should happen, decrease activities and return to liquid. If the problem persists, call your surgeon.
7. **URINATING**: Notify your surgeon if you have not urinated within 12 hours after discharge.
8. **ICE**: You may ice the knee 20 minutes on and 20 minutes off for several days after surgery, until the swelling improves.
9. **SENSATION**: If you had a nerve block it is normal to have numbness/tingling in the first 2 days.
10. **ELEVATE**: the leg the first week to reduce pain and swelling – **DO NOT SLEEP WITH A PILLOW UNDER THE KNEE** (place pillow under the ankle to keep the knee straight and elevated).
11. **DRESSING**: Keep dressing dry. After 48 hrs you may remove the dressing and apply a band-aid over each incision (over the white steri-strip tape – these are not removed). As long as incisions are dry you may shower. However, **DO NOT** soak the knee in a tub.
12. **ACTIVITY**: When walking use crutches and **DO NOT APPLY ANY WEIGHT** to the leg. Perform motion of the knee (flexion-extension) exercises every 3-4 hours while awake, for 10 minutes each time, emphasizing full extension and as much flexion as you can tolerate.
13. **PHYSICAL THERAPY**: **TRY TO START PHYSICAL THERAPY WITHIN 5-7 DAYS** (before your first follow-up appointment)
14. **FOLLOW-UP APPOINTMENT**: Please call the office/clinic to schedule this within 10-14 days from surgery.

**Call your surgeon if:**

- a. You have any questions
- b. Temperature is 101 degrees or above
- c. You experience chills or night sweats
- d. Increased bleeding, swelling or pain
- e. Signs of infection – redness, foul odor or purulent drainage (pus)
- f. Operative extremity becomes cold, blue, tingly or numb

**IN CASE OF EMERGENCY DURING NORMAL BUSINESS HOURS (8am-5pm):**

- Please call our main line (866-670-OUCH) to get in contact with your surgeon's office.

**IN CASE OF EMERGENCY AFTER NORMAL BUSINESS HOURS:**

- Please call your surgeon's direct office line and speak to the service. They will get in contact with him directly if you are not helped by the on call doctor.