

OrthoNeuro

A Multi-Specialty Center of Excellence

Arthroscopic Microfracture Discharge Instructions

Scott P. Stephens, M.D.

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Diet

- Begin with clear liquids and light foods.
- Progress to your normal diet.

Safety and Activity

- Use crutches to assist with walking – you may bear no more than 20-30% of your weight on your operative leg unless instructed.
- Elevate operative extremity to decrease swelling.
- Place pillows under foot/ankle to keep knee straight.
- Do not engage in activities of prolonged standing or walking that may increase knee pain and swelling for the first 7-10 days following surgery.
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks.
- Frequently move ankle and toes to help reduce swelling.
- Do not drive until cleared by Dr. Stephens and off of pain medications.
- A minimum of 4-6 months is necessary after surgery before returning to sports.

Ice therapy

- Begin Ice therapy immediately after surgery. Either use ice 5-6 times daily for 30 minutes each session and at least 30 minutes between sessions with ice removed. Make sure to not put ice directly on skin.

Exercise

- Begin exercises 1-2 days following surgery with straight leg raises, heel slides, and ankle pumps.
- Stiffness and swelling is normal with knee motion.
- Formal physical therapy will begin after first postoperative visit.
- If a continuous passive motion machine was prescribed, remove brace during use.

Pain Management

- You will be prescribed pain medication. Many patients do well taking ibuprofen 600mg-800mg every 8 hours with food if they have no known contraindications.
- If you received a regional block, you will have numbness in your affected shoulder for about 23 hours. After that, you will experience an increase in pain.

Use pain medicine prescribed by your doctor as soon as your sensation returns. Do not wait to take pain medication.

- No alcohol for the first 24 hours after surgery or while taking prescription pain medicine.
- Pain medicine can be constipating. Take an over the counter stool softener or laxative as needed. Drink lots of water and increase the fiber in your diet

Wound care

- In order to prevent infection, you will be cleaned with a solution in the operating room.
 - Our hospital uses two different solutions: the Betadine solution will leave an orangish discoloration on your skin or the Chloraprep solution will leave a bluish discoloration.
- You currently have a bulky dressing. Please keep this dressing in place for 24 hours, then remove it and cover incisions with band-aids. After 48 hours you may shower with waterproof bandaids. Some drainage is normal and you may reinforce the dressing with gauze if needed.
- Leave the steristrips in place. It is ok to get these wet. Some drainage is normal and you may reinforce the dressing with gauze if needed.
- Do not scrub or soak your knee.
- Do not apply any medicated ointments to your operative site.

Follow-Up Appointment

- Refer to your appointment card. If you need to change this for any reason, call the office at (614) 839-2150 to reschedule.

Contact the office immediately if you have the following:

- Difficulty breathing or swallowing
 - Fever over 101 F
 - Changes in the color or temperature of your fingers
 - Sudden, severe pain or pain that is not relieved by medication
 - Inability to urinate within 6 hours of leaving the hospital
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- For questions regarding BWC and disability paperwork, wounds, medications, and/or activity, contact Dr. Stephens assistant at **(614) 839-2150**
 - For after-hours emergencies, contact Dr. Stephens' office at (614) 890-6555. If symptoms are severe, go to the nearest emergency room or call 911.
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- Additional information and videos about your diagnosis, surgical procedure, and post-operative care can be found at my website:

www.scottstephensmd.com