

MICROFRACTURE KNEE SURGERY

Procedure: _____ Date: _____

ANESTHESIA

General Spinal Sedation Local Block _____

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are standing. A responsible adult must be with the patient for 24 hours following surgery for safety and fall prevention.
- Begin with liquids, and advance diet as tolerated; avoid greasy and spicy foods.
- No important decisions or signing of legal documents for 24 hours. Do not operate power machinery.
- Do not drive for 24 hours following surgery or while taking narcotic pain medications.
- No alcoholic beverages for 24 hours, or while taking narcotics.
- If you are unable to urinate, feel uncomfortable, and it has been 8-10 hours since you last urinated, go to an urgent care or the ER.
- If you had a block, be sure to start your oral pain medication before it begins to wear off.

****Call 911 or go to the nearest ER if you experience chest pain or shortness of breath**

Report to your Surgeon or visit our Twin Cities Orthopedics Urgent Care in Waconia or Edina (Daily 8am-8pm) for any of the following:

- Fever over 101°F lasting more than 24 hours
- Foul drainage, redness, or warmth at the operative site
- Large amount of bleeding or drainage
- Severe and uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or intolerance (Stop medications)
- Redness, warmth or extreme pain in the calf

WALKING

- Crutches are to be used at all times. NO weight should be placed on the surgical leg when walking.

DRESSING

- Remove dressing after 48 hours, then change dressing daily or as needed.
- Be alert for signs of possible infection: redness, heat, red streaks or elevated temperature (over 101°F). Contact your doctor if any of these occur.
- You may shower 48 hours after surgery.

PAIN CONTROL

- Begin your first pain medication early. Don't let your pain become too severe.
- Apply ice to the surgical area to reduce swelling and pain for 24-72 hours following the procedure. Do not place ice directly on skin or it may cause a burn. Wrap a towel around an ice pack and apply to the surgical site for no more than 20 minutes at a time.
- **HYDROCODONE/ACETAMINOPHEN (Norco):** 1-2 tablets every four to six hours as needed
- **IBUPROFEN:** 400-800 mgs. three times daily with meals.
- **VISTARIL:** 25-50 mgs. every four hours as needed.
- Call the clinic for pain prescription refills. Prescription refills are not filled over the weekend or after hours.
- **DO NOT DRIVE WHILE TAKING NARCOTIC PAIN MEDICATIONS** and until instructed by your physician.
- Avoid constipation; take Colace (docusate sodium) 100 mg. 1-2 times daily as needed while taking narcotics.

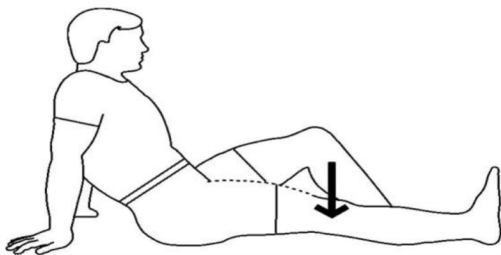
OFFICE RETURN

Please call (952) 442-2163 to make your follow-up one to two weeks post-op.

EXERCISE

- Post-op exercises should be started on day one, completed 1-2 times on the first day.
- Increase your exercise sessions to 5-6 times daily starting on day 2-3.
- Continue 5-6 sessions daily until your post-op appointment.

QUAD SET

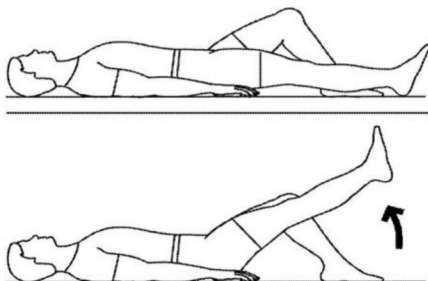


1. Sit with leg extended.
2. Tighten quad muscles on front of leg, trying to push back of knee downward.

Recommendations:

- Do not hold breath.
- Perform 2 sets of 50 repetitions, three times a day.
- Hold exercise for 4 seconds.

STRAIGHT LEG RAISE

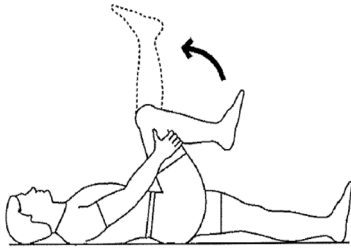


1. Lie on back with uninvolved knee bent as shown.
2. Raise straight leg to thigh level of bent leg.
3. Return to starting position.

Recommendations:

- Perform 2 sets of 50 repetitions, three times a day.
- Hold exercise for 4 seconds.

HAMSTRING STRETCH

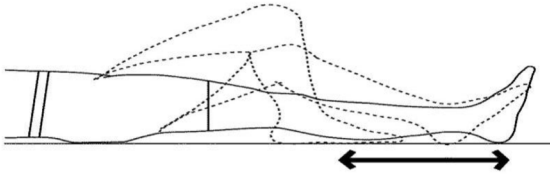


1. Lie on back holding knee from behind, pulled toward chest, as shown.
2. Gently straighten leg.
3. Repeat with other leg.

Recommendations:

- Perform 2 sets of 50 repetitions, three times a day.
- Hold exercise for 4 seconds.

HEEL SLIDE



1. Lie on back with legs straight.
2. Slide heel up to buttocks.
3. Return to start position.
4. Repeat with other leg.

Recommendations:

- Perform 2 sets of 50 repetitions, three times a day.
- Hold exercise for 4 seconds.

OTHER INSTRUCTIONS

Nurse: _____ Responsible Adult: _____