

Microfracture/Meniscus Repair Knee Surgery

Procedure Name: _____

Date: _____

Anesthesia: General Spinal Block _____

- You have received sedation; rest and relax the day of surgery. Please be aware of possible dizziness and exercise caution when you are up. **A responsible adult must be with the patient for 24 hours following surgery for safety and falls 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.
- Nerve Block** If you have had a nerve block, be sure to start taking your pain medication as you feel sensation returning to your operative extremity. Typically, a nerve block will last between 8-24 hours from the time of injection. Notify your surgeon if the nerve block lasts more than 48 hours. Do not use your operative extremity until the nerve block has worn off.
- If you've had a spinal anesthetic and you develop a persistent headache, increased use of caffeine is encouraged. If no relief, contact Ridgeview Medical Center (952) 442-2191, dial "0" for operator and ask to speak with Anesthesia.

****In the event of a medical emergency, dial 911 or go to the nearest emergency department**

Report to Surgeon or visit our Twin Cities Orthopedic Urgent Care in Waconia, Excelsior, or Edina (Sun-Sat 8am-8pm) for any of the following:

- Fever over 101 degrees for 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 always to be used. **NO** weight should be placed on the surgical leg when walking.

DRESSING:

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

PAIN CONTROL:

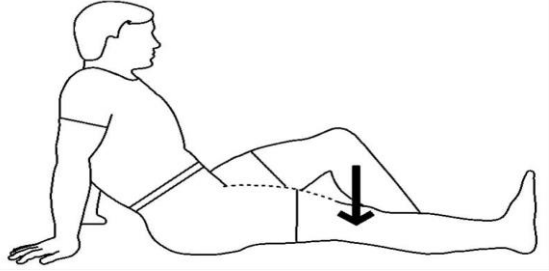
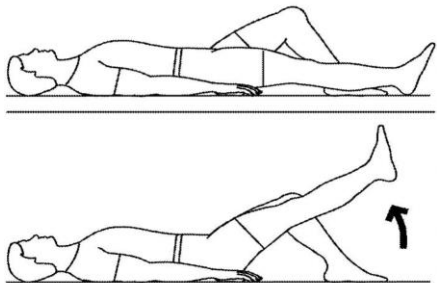
- Begin your first pain medication early. Don't let your pain become too severe.
- Apply ice to the surgical area each hour for 20min to reduce swelling and pain for 24-72 hours following the procedure. **Do not place ice directly on skin or it may cause a burn.**
- Elevate your leg at heart level aggressively for the first 48 hours; then elevate as needed.
- **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.
- Call the clinic for pain prescription refills. Prescription refills are not filled over the weekend or after hours.

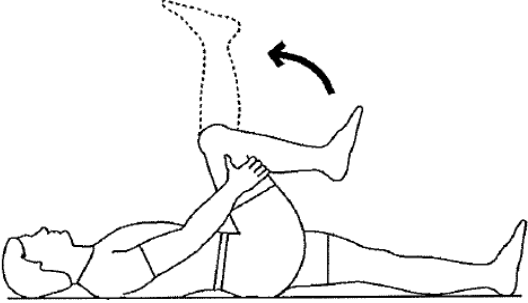
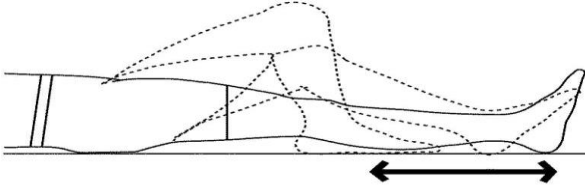
OFFICE RETURN:

- Please call (952) 442-2163 to make your follow-up for 10-14 days post-op.

EXERCISES:

- Post-op exercises should be started on the day after surgery, 1 or 2 times.
- Range of motion 0-90°
- Increase your exercise sessions to 5-6 times daily starting on day 2-3.
- Continue 5-6 sessions daily until your post-op appointment.

<p>Quad sets</p>	<ul style="list-style-type: none"> • Sit with leg extended. • Tighten quad muscles on front of leg, trying to push back of knee downward. <p><u>Special Instructions:</u> Do not hold breath. Perform 2 sets of 50 Repetitions, three times a day. Hold exercise for 4 Seconds.</p>	
<p>Straight leg raises</p>	<ul style="list-style-type: none"> • Lie on back with uninvolved knee bent as shown. • Raise straight leg to thigh level of bent leg. • Return to starting position. <p>Perform 2 sets of 50 Repetitions, three times a day. Hold exercise for 4 Seconds.</p>	

<p>Hamstring Stretch</p>	<ul style="list-style-type: none"> • Lie on back holding knee from behind, pulled toward chest, as shown. • Gently straighten leg. • Repeat with other leg. <p>Perform 2 sets of 50 Repetitions, three times a day. Hold exercise for 4 Seconds.</p>	
<p>Heel slides</p>	<ul style="list-style-type: none"> • Lie on back with legs straight. • Slide heel up to buttocks. • Return to start position. • Repeat with other leg. <p>Perform 2 sets of 50 Repetitions, three times a day. Hold exercise for 4 Seconds.</p>	

Other Instructions:

Nurse _____ Patient/Responsible Adult _____