

OUTPATIENT DISCHARGE INSTRUCTIONS
Orthopaedic Specialty Institute
Michael F Shepard M.D.
KNEE ARTHROSCOPY and MICROFRACTURE

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to knee every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6hours. It is helpful to take pain medication approximately one-half hour prior to exercise session.
- D. **Remain nonweight bearing on the affected leg.** Use your crutches.

DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad between the ice and the skin.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake or at least twenty minutes prior to and after exercise session.
- B. Pain medication as needed.
- C. Begin to use the CPM 6-8 hrs per day. Advance your range of motion as tolerated.
- D. You may remove surgical bandage and shower this evening. Do not remove steri strips that cover your incision.
- E. You will need to keep your op site(s) dry when taking a shower. You can use band aids or plastic wrap to keep the site dry.
- F. **Remain nonweight bearing on the affected leg.** Continue to use crutches.
- G. Wear your brace at all times when walking. The brace may be removed for showering. It may also be removed for short periods of time while relaxing (while watching television, reading, etc.) as long as the leg is well supported.

For Return Appointments

- 4. Your post-op appointment will be 7-10 days after your surgery. This appointment needs to be scheduled at (714) 634-4567. If you have a problem after hours call (714) 634-4567 and the answering service will contact Dr. Shepard.
- 5. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while you are taking pain medications, which includes operating machinery and/or driving a vehicle.

