



ORANGE COUNTY ORTHOPAEDIC GROUP

Shail M. Vyas, MD

Orthopaedic Surgery • Sports Medicine • Arthroscopy

8245 E. Monte Vista Road • Suite 200

Anaheim Hills • CA • 92808

714 • 974 • 0100

POST-OPERATIVE INSTRUCTIONS AFTER

KNEE ARTHROSCOPY/MICROFRACTURE

1. Remove bandages 3 days after surgery
2. Okay to shower after 3 days; do not rub incisions
3. Apply band-aids to incisions after showering
4. Use cold therapy device or ice packs over knee 30 minutes at time, 5 times a day
5. Do not bearing weight on affected leg; use crutches until cleared by MD
6. On day after surgery, begin doing the following home exercises: 20 at a time, 3 x per day
 - a. Straight Leg Raise: Straighten knee and raise leg up and down while laying down
 - b. Quadriceps Set: Squeeze quads while laying down
 - c. Calf Pump: Flex and extend ankle up and down
 - d. Heel Slide: Slide heel toward buttock (bend knee) and then re-straighten
7. Formal physical therapy will begin after your first follow-up visit
8. Make an appointment for follow-up visit 7-14 days from surgery
9. Call doctor if you develop a fever, drainage from the incisions, increasing redness and warmth from the knee, swelling and pain in the lower leg, or have any other questions or concerns.
10. See you soon!