



Sports Medicine Specialists
of Charleston

EAST COOPER MEDICAL GROUP

Marc Haro, MD

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POSTOPERATIVE INSTRUCTIONS MICROFRACTURE- FEMORAL CONDYLE

DIET

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

WOUND CARE

- Maintain your operative dressing, loosen bandage if swelling of the foot or ankle occurs.
- It is normal for the knee to bleed and swell following surgery – if blood soaks onto the bandage, do not become alarmed – reinforce with additional dressing.
- Remove surgical dressing 48-72 hours post operative– if minimal drainage is present, apply waterproof band-aids over incisions and change daily.
- Please keep steri-strips in place.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing waterproof band-aids over incision areas. Please remember to change band-aids daily.
- **NO** immersion of the operative leg (i.e. bath, swimming pool) *If Braced it may come off to shower

MEDICATIONS

- Pain medication is injected into the wound and knee joint during surgery – this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per directions on the bottle
Do not drive a car or operate machinery while taking the narcotic medication
- Primary Medication = Nacro (Hydrocodone)
 - Take 1 – 2 tablets every 4 – 6 hours as needed
 - Max of 12 pills per day
 - Plan on using it for 2 to 5 days, depending on level of pain
- Do **NOT** take additional Tylenol (Acetaminophen) while taking Percocet
 - Common side effects of the pain medication are nausea, drowsiness, and constipation – to decrease the side effects, take medication with food.
 - Zofran (Ondansetron) has already been called into your pharmacy for nausea if needed.
 - If constipation occurs, consider taking an over-the-counter laxative such as Colace or Miralax.

- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed ((843) 971-9350 – ask for Nicole Fava, Dr. Haro’s PA)
- Ibuprofen 400-600mg (i.e. Advil) may be taken in between the narcotic pain medication to help smooth out the post-operative ‘peaks and valleys’, reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

ACTIVITY

- Elevate the operative leg to chest level whenever possible to decrease swelling
- Do not place pillows under knees (i.e. do not maintain knee in a flexed or bent position), but rather place pillows under foot/ankle
- Use crutches to assist with walking – you may bear no more than 20-30% of your weight on your operative leg – unless instructed otherwise by physician
- Do not engage in activities which increase knee pain/swelling (prolonged periods of standing or walking) over the first 7-10 days following surgery
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

BRACE (If prescribed)

- No brace is usually prescribed for your surgery
- If a continuous passive motion machine was prescribed, remove brace during use (if applicable)

ICE THERAPY

- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 minutes daily until your first post-operative visit
 - The Cryocuff device may be used.
 - Use Cryocuff as frequently/continuously as tolerated x 14 days

EXERCISE

- A continuous passive motion machine should have been arranged pre-operatively to be delivered for use beginning on the first post-operative day
- Use the continuous passive motion machine out of the brace for 6-8 hours per day in 2 hour intervals – begin at a rate of 1 cycle/minute, ranging from 0° of extension (straightening) to 40° flexion (bending) that is comfortable for you – increase flexion by 10° daily to 90° as tolerated
- Begin exercises 24 hours after surgery (Heel props, quad sets, heel slides, straight leg raises and ankle pumps) unless otherwise instructed.
- Discomfort and knee stiffness is normal for a few days following surgery – it is safe and, in fact preferable to bend your knee to the prescribed range of motion above.
- Complete exercises 3-4 times daily until your first postoperative visit – your motion goals are to have complete extension (straightening) and 90 degrees of flexion (bending) at your first postoperative visit unless otherwise instructed.
- Do ankle pumps continuously throughout the day to reduce the possibility of a blood clot in your calf (extremely uncommon).
- Formal physical therapy (PT) will begin after your first postoperative visit. You will be given a script for this at that time.
- If you have any questions or concerns please contact, Nicole Fava PA-C (843) 971-9350 or by email at Nicole.fava@tenethealth.com

****Emergencies****

- Contact Dr. Haro or Nicole Fava PA-C at (843) 971-9350 or by email Nicole.fava@tenethealth.com if any of the following are present:
 - Painful swelling or numbness
 - Unrelenting pain
 - Fever (over 101° – it is normal to have a low grade fever for the first day or two following surgery) or chills
 - Redness around incisions
 - Color change in wrist, hand or lower extremity
 - Continuous drainage or bleeding from incision (a small amount of drainage is expected)
 - Difficulty breathing
 - Excessive nausea/vomiting
- ****If you have an emergency after office hours or on the weekend, call (843) 971-9350 and you will be connected to our on call service. Do NOT call East Cooper Hospital or the Surgery Center.**
- ****If you have an emergency that requires immediate attention, proceed to the nearest emergency room.**

Follow-Up Care/Questions

- Nicole Fava, PA-C (Dr. Haro's Physician Assistant) will call you on your first day after surgery to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please email Nicole.fava@tenethealth.com or call (843) 971-9350
- If you have additional questions that arise at any time, whether for Dr. Haro or Nicole, please send an email to Nicole.fava@tenethealth.com or call (843) 971-9350
- If you do not already have a postoperative appointment scheduled, please contact the scheduling office during normal office hours (843) 971-9350