

FLORIDA SPORTSMEDICINE AND ORTHOPAEDICS, PA

Dr. James Talkington

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Arthroscopic Microfracture Postoperative Instructions

- Someone should drive you home and be around you for the rest of the day. Many times after exposure to anesthetic agents, the patient becomes nauseated for 24-48 hours postoperatively. Begin your diet with clear liquids and progress as tolerated over the same time period.
- Place a Ziplock freezer bag with ice in a towel and on top of your knee for 15-20 minutes 2-3 times a day. Do NOT place ice directly on your skin.
- Leave your dressing on (keep it clean and dry) until physical therapy removes the dressing, within 24 hours after surgery. Once therapy has removed the bandages they will replace with band aids, continue to keep the leg clean and dry. After your appointment with therapy you can use waterproof band aids and take a shower. The idea is to keep the incision sites covered and dry.
- You should keep your leg elevated on pillows with your knee above the level of your heart and your ankle above the level of your knee for the next 2-3 days.
- You should use crutches and/or walker until your follow up with Dr. Talkington. **You are non-weight bearing meaning you can NOT bear full weight on the leg.**
- Driving is NOT recommended until you can walk without a limp and until you no longer need your crutches.
- You should begin physical therapy the day after surgery. Your therapy is scheduled for _____ at _____.
- If you develop any fever, shakes, chills, unexplained increases in pain, nausea or vomiting contact the office at 850-763-0346.
- Your post-op appointment with Dr. Talkington is scheduled for _____.

Medication:

- You should take your medication as prescribed. Do NOT mix alcohol with any pain medication. Avoid driving or any situation that demands making decisions or fast reactions while taking pain medication. NO refills will be given for pain medication until your first post-op visit. It can take up to 2-3 days for the postoperative pain to subside.
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- Do Not take Tylenol or acetaminophen in combination with any pain medication that contains the same substances.
- One side effect of narcotics is constipation, if this occurs you can take an over the counter laxative.

Exercises

You can gently move the knee (flexion and extension) and begin ankle pumps, straight leg raises and quad sets. Videos demonstrating these can be found on our web site www.drjamestalkington.com. Again, you cannot put weight on the involved leg.

Using Crutches

Keep wrist straight when using crutches

- Carry full weight on hands not the underarm
- When going up stairs, place uninjured foot up stair first, followed by crutches and injured foot.
- When going down stairs, place crutches down on stair first, followed by injured foot, and then uninjured foot.

Always use extreme care when using crutches. Avoid all potential safety hazards including slippery, uneven or soft surfaces and objects in your path.

Should you have any questions or concerns please feel free to contact the office at 850-763-0346. If after hours there is a voicemail, follow steps for after hours.