



## POSTOPERATIVE INFORMATION

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PATIENT STICKER

### POST---OPERATIVE INSTRUCTIONS – CARTILAGE REPAIR MICROFRACTURE / OATS / ALLOGRAFT OATS

#### DAY OF SURGERY:

1. Your cryo---cuff will be placed on your knee in the recovery room. For the first 24 hours following surgery, keep the cuff on continuously except when you go to bed. This will help reduce the swelling and minimize the pain. You will need to continuously change the water so that it remains cold.
2. Keep your leg elevated to decrease swelling, which will then in turn decrease your pain. Keep your leg elevated with a pillow under your calf, NOT under the knee.
3. Prescriptions for pain medication and an anti---inflammatory will be given to you when you leave. We suggest you use the pain medication the first night prior to going to bed, in order to ease any pain you have when numbing medicine wears off. You should avoid taking pain medications on an empty stomach as it will make you nauseous. Otherwise, use the pain medication ONLY as needed. Use the anti---inflammatory daily, as prescribed, to reduce the swelling after surgery.

#### DAY 1 AND UNTIL POST---OP VISIT:

1. Remove the bandages 48 hours after surgery and apply Band---Aids or gauze to the wounds. Re--- apply clean Band---Aids daily. Do not put any ointments on the wounds. There are white tapes directly on the skin. Leave these white tapes on the skin, these are steri---strips.
2. You may shower 48 hours after surgery but **Do Not** get the sutures wet. Wrap your knee with plastic wrap and secure it with tape around your thigh. If your sutures do get wet, pat them dry and re---apply fresh Band---Aids.
3. The Cryo---cuff will aid in decreasing pain and swelling. Apply the cryo---cuff for 20---30 minutes for at least 4 times per day for the first few days. Then use it 1---2 times a day. You may use the cryo---cuff more frequently if you are having continued pain and swelling.

4. You need to use your crutches at all times. Please do not put any weight on your leg for the next 6 weeks unless specifically directed to do so by Dr. Gamradt.

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5. Begin exercises for range of motion and quadriceps strengthening at home or with a physical therapist 2---3 days after surgery.
6. You may be given a CPM machine for motion. If you get it, please use it 3---4 hours a day in whatever range of motion is comfortable. Begin at 45 degrees and progress up as tolerated. You do not need to go above 105 degrees.
7. Begin physical therapy this week, (unless otherwise specified). A prescription for physical therapy will be provided along with these instructions.
8. Do not drink alcoholic beverages or take illicit drugs when taking pain medications.
9. Do not drive a car or operate heavy machinery when taking pain medications.
10. You may return to sedentary work/school in the next couple of days when you feel up to it.
11. Call the office tomorrow with any questions, and make an appointment for a postoperative check next week.