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## **INSTRUCTIONS FOLLOWING KNEE ARTHROSCOPY & MICROFRACTURE**

Your recovery from knee surgery will hopefully be quick and without complications. Still, it is important to follow Dr. Popovitz's instructions when you get home. Please call the office at any time for questions or concerns you may have at (212) 759-4553.

### **RETURN TO ACTIVITY:**

You must use crutches and not apply any weight to your operative leg for TWO weeks after your surgery. After the first 2 weeks, please avoid running prolonged standing, high impact activities and excessive stair climbing until you see Dr. Popovitz. Let pain be your guide, if your knee starts to hurt more than usual, please rest your leg before resuming activity.

### **SHOWERING:**

You may remove the bandage two (2) days after your surgery. You may then shower. You may see white strips over your stitches; these will fall off on their own with normal washing – do not pull at them. If they fall off, replace them with regular Band-Aids after your shower. During the day, place the ACE wrap around your knee to add compression therapy decreasing the amount of swelling; take the wrap off at night. Do not apply any lotions to the incision sites for two (2) months from date of surgery.

### **PAIN MEDICATION:**

You have been given a prescription for pain medication. It is *not* required that you take this medication. If you have pain, you may take the medicine as directed on the bottle. To aid in decreasing pain and swelling, you should apply ice packs three (3) times a day for 10 - 20 minutes. Please do this for at least one (1) week.

### **PHYSICAL THERAPY:**

Physical therapy is to begin 2 - 3 days after your surgery date. Please make an appointment prior to surgery. Physical therapy IS offered at both our Manhattan and Brooklyn locations, however, if you need us to recommend a different facility, please call our office. We will then fax a prescription for P.T. to the facility of your choice.

### **COMPLICATIONS:**

Although it is rare to have a complication after arthroscopic surgery, there are a few things to watch out for which you would need to notify Dr. Popovitz. A small amount of straw-colored or bloody drainage is normal. Bruising around the incision sites or in the lower part of the leg is normal. Warmth in the knee with swelling and pain are normal. **Excessive drainage, fever (greater than 101.3F) and chills, significant pain in your calf or chest, or shortness of breath are complications for which you should notify Dr. Popovitz immediately.**

We hope you have a pleasant recovery. Please schedule a postoperative visit 7-10 days following your surgery. Call the office for this appointment as soon as possible.