



Sports Medicine Institute
Dr. Palumbo

Post Operative Instructions for Knee Arthroscopy with a Microfracture technique

1. Thank you for choosing OAA and Dr. Robert Palumbo.
2. Your first meal should be a light meal.
3. Use an ice bag or cryotherapy device applied to your knee for 20 minutes as often as you wish. Do not place ice directly on your skin. Use a thin, damp towel or cloth between the ice and skin.
4. Use crutches, putting NO weight through your foot. Physical Therapy will guide you in the appropriate progression. Use both crutches for a minimum of 8 weeks. Your progression will be guided by PT and Dr. Palumbo's team.
5. Use the Post Operative Brace at all times (except for showering and PT / home exercises, CPM use), including sleeping, until your first Post-Op Office Visit. You may remove this brace for showering and exercising. OAA will arrange for a CPM (continuous passive motion) device to be delivered to your home. The settings will be set for you. Please use this for 10-12 total hours a day. It can be used while sleeping and the total time can be divided into shorter sessions.
6. Elevate your leg frequently so that your ankle is higher than your knee and your knee is higher than your hip (i.e., lie down with your leg raised with pillows underneath the entire leg). Move your foot and ankle up and down frequently.
7. A prescription for pain medication has been provided to you. Use the medication as directed on the bottle. DO NOT take Motrin/Advil (ibuprofen) or Aleve (Naproxen) because it may compromise fibrocartilage ingrown in the defect. If the pain is mild Tylenol may be all that you need.
8. You should also take Aspirin 81 mg daily for 6-8 weeks if you are not allergic to it.
9. The dressing may be removed after 24 hours. You may have had a physical therapy appointment arranged for the next day. The physical therapist will help you with the dressing change. The small incisions may leak/ooze for two days. Cover them with Band-Aids as needed.
10. You may shower 24-hours after surgery. Leave the Steri-Strips on and change any wet dressings. Do not swim or soak in a tub or whirlpool until after your first post-op office visit and Dr. Palumbo has given approval.
11. Activities:
 - A. Let pain be your guide to activity. Bend your knee when symptoms are decreased.
 - B. A small to moderate amount of swelling may be present post-operatively.
 - C. Do not use exercise machines unless specified by Dr. Palumbo or your physical therapist.
 - D. If you have a desk job with little physical activity, you may return to work if approved by Dr. Palumbo.
 - E. If your job requires excessive lifting, walking, and/or prolonged standing, your return to work date will be discussed during your first post-op office visit in the office.
12. You should have a post-op office appointment 7-14 days following your surgery. If you do not have an appointment, call the office on the next business day to arrange one.
13. If you develop a fever (101.5°F or higher), unexpected redness in your knee or extreme pain in your calf, please call the office at once.

Thank you for following the above instructions. If you have any questions, please call our office at (610) 973-6200 and ask for a member of Dr. Palumbo's team: Brian Kephart PAC, ATC or Casey Muthard, BS.