

Cartilage Restoration Procedure for Weight-bearing Surface: Post- Operative Visit Objectives

- 1) **Review** the operative findings, procedures and photos.
- 2) Make sure **medications** are effective and not causing problems.
 - a) **Toradol 10 mg. (Ketorolac)** for pain and inflammation. You may take one tablet every six hours. This medication should be taken **ONLY** for the first two days. Then **ECASA (enteric-coated aspirin)** should be taken for the next 3 weeks after surgery to help minimize soreness, aching, swelling and help to prevent blood clots. If you have had any problems, allergies or stomach intolerance stop taking these medicines and please tell us!
 - b) **Keflex (Cephalexin)** This is an antibiotic to be taken as a prophylactic or preventative medicine once every 6 hours for 2 days. If you have a penicillin allergy this will be replaced by other options.
 - c) **Vicodin (Hydrocodone/Acetaminophen)** for pain. This is an excellent pain reliever that is a combination of a narcotic plus Tylenol. You may take 1 or 2 tablets every 6 hours as necessary. Since we have been using the present protocol of local anesthesia, patients require much lower amounts of pain medicines! In place of Vicodin, you may also use plain Extra Strength Tylenol, 1 or 2 tablets every 6 hours.
- 3) **Wound Care:**
 - a) Today we will change your dressings. We will re-dress the incisions with gauze and an ACE bandage for the first week. If you continue to bleed you will need to change the gauze from this dressing, otherwise leave the dressings on without changing.
 - b) The white stocking will stay on for 1 week.
 - c) **Please keep the incisions as dry as possible.** To shower you will need to cover the gauze and ACE wrap with a plastic bag so that the incisions do not get wet. We will water-proof the incision site once the sutures have been removed.
- 4) **Exercises and Physical Therapy**
 - a) Continue the basic exercises 4x/day
 - b) You will begin using the **CPM 6-8 hours/day for 6 weeks post operatively at 24 hours.** Range of motion will gradually increase as tolerated. A general guideline is: to add 10° of flexion every other day.
 - i) By 3 weeks, your knee should flex to 90°.
 - c) Physical Therapy: You may begin Physical Therapy 6 weeks after surgery. We will give you the referral at your 6-week post-operative visit.
 - d) In most situations you will start the pedlar and/or biking progressions at or by 6 weeks.
- 5) **Crutches**
 - a) Make sure that you use **crutches for 6 weeks.**
- 6) **Follow Up appointments**
 - a) Schedule follow up visits in approximately 7-10 days for Suture removal. The next appointment to follow will be at 6 weeks from your surgery date.
- 7) **Notes etc:**
 - a) Make sure you have all necessary notes and documentation for school or work.
- 8) **Issues: Please ask us or call Edith at 310 829-2663 x1293!!!**

Michael B. Gerhardt, MD and Team