



**DAVID B. COHEN, M.D.**

84 North Main Street Bld#2 Branford, CT 06405 203.483.2024

**CALL OUR OFFICE AT 203.407.3518 FOR FOLLOW-UP OR QUESTIONS**

DISCHARGE/HOME INSTRUCTIONS  
Knee Arthroscopy/Microfracture

Patient Name:

**Follow up appointment:**

- Call Dr. Cohen's office today or tomorrow to arrange to be seen in 10– 14 days if you do not already have an appointment.
- Connecticut Orthopaedic Specialists Surgical Center wishes you a **speedy recovery**. Please note the following guidelines for your recovery period at home:

**DIET:**

- Your regular diet may be resumed today. Start with liquids. Drink additional fluids today.
- Avoid alcohol for 24 hours and while you are taking your pain pills.

**MEDICATIONS:** It is normal to experience some discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (i.e. Colace) as needed.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is Vicodin (hydrocodone). Take 1-2 when you are aware of soreness and then every 4 hours as needed.
- Use Naprosyn (an anti-inflammatory) for 10 days after surgery. Take one pill in the morning, one in the evening with food. Stop if it upsets your stomach.

**DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.**

- You may experience drainage. **Do Not Remove Original Bandage Until Directed Below.** Reinforce as needed.
- Call your surgeon if you think it is too much.
- Remove dressing in 3 days. **Do not remove tape strips** on surgical site. Apply band aids.
- Please do not use bacitracin or other creams on the wounds.

**ACTIVITY:**

- Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.
- Rest today. Get up every 2-3 hours during the day. You may experience light-headedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.
- To bathroom with assistance. Gradually resume light activity.



- Apply ice for minimum one week while awake (30 minutes on, 30 minutes off). You should use it after physical therapy as well.
- You may shower on post-operative day 3 but keep the incision sites covered with either plastic wrap secured with tape or waterproof band-aids. Do not remove the tapes covering the incisions. No baths, hot-tubs, or swimming.
- Flex and extend ankle to promote blood flow. Your ankle may swell when you are up and about. This is normal.
- Elevate leg for 24 to 48 hours and if ankle swells. Keep your leg elevated with a pillow under your calf, NOT under the knee.
- Use crutches for 6 weeks. Toe touch weight bearing.
- Call now and book appointments for 3x/week for 4-6 weeks.
- Exercises to be performed 2-3 times daily:
  - Gentle range of motion of the knee: bending and straightening.
  - Straight leg raises, with foot straight and turned out. Goal is 25 reps three times per day.
  - Isometric quadriceps contractions (tighten thigh muscle and hold for 10 count. Repeat.)
- Use CPM machine for 6-8 hours daily to help create scar tissue cartilage patch over defect.

**NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:**

- Dressing is too tight.
- Fever above 101°F
- Excessive swelling
- Continued nausea/vomiting
- Uncontrolled pain
- Unable to urinate
- Excessive bleeding
- Infection (red, drainage and/or sore)
- If coldness, numbness or change in color of fingers/toes or skin (hand may be numb for 24 hours after nerve block)

**IF YOU CANNOT REACH YOU DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.**

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

\_\_\_\_\_, M.D. \_\_\_\_\_  
 Patient / Escort

**MD OFFICE NUMBERS**

- Branford (203) 483.2509
- Milford (203) 882.3373
- Guilford (203) 453.6340
- Orange (203) 795.4784
- Hamden (203) 407.3500
- Wallingford (203) 265.1800