

**CARTILAGE REPAIR (BIOCARTILAGE, MICROFRACTURE, OATS,)
KNEE ARTHROSCOPY INSTRUCTIONS**

Antoine I. Jabbour, MD
www.drjabbour.com

Tulsa Bone and Joint
918-392-1400

Union Pines Surgery Center
918-742-2502

Follow-Up Care

Call the doctor's office today to confirm or make an appointment in about 10 days.
Your sutures will be removed at your first post-operative visit.

Activity

Rest today.

Crutches, Non weight bearing for 4-6 weeks.

Brace if instructed to use by Dr Jabbour

Continuous passive range of motion (CPM) Start day after surgery

Use CPM 2hours, 3 times per day

Ice the knee for 3-5 days. One hour on, one hour off. Keep a very thin towel between skin and ice bag.

Care of Incision and Dressing

Remove dressing and shower in 48 hours.

Change Band-Aids daily.

Do not submerge wound in bath water, pool, lake water, or hot tub.

Keep incisions clean and dry.

Do not put creams or lotions on your wounds.

Medications

Resume routine medications.

Take one Aspirin 325 mg daily for next 5 days.

Most patients will receive Oxycodone or Hydrocodone medication for pain,
Morphine pills for breakthrough pain for 48 hours if prescribed
and Phenergan for nausea.

Driving

If left knee, you may drive after the third post-operative day.

If right knee, do not drive until after follow up visit.

Do not drive if you are still taking narcotic pain medication

Call Dr Jabbour's Office If:

If medication causes severe uncontrollable nausea.

If you have shortness of breath or severe calf pain, go the emergency room if you cannot contact the office

If you have a temperature greater than 101.5 degrees Fahrenheit

