



CONCORD ORTHOPAEDICS

Postoperative Instructions / Microfracture Surgery

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Microfracture surgery is designed to create an environment in your knee for the cartilage fill in a defect that exists due to loss of the cartilage coating on the end of your thigh bone. In order for the procedure to be successful, you will need to allow the knee to move but avoid weight bearing on the knee.

- You will need to be non-weight bearing with crutches until your follow-up visit. You may put your foot down lightly on the floor when standing to maintain your balance. Put no more weight on the leg than would squish a baked potato.
- A continuous passive motion (CPM) machine will be delivered to your home in order to allow you to keep the knee moving. You will need to use the machine a minimum of 6-8 hours a day in divided doses. The representative will initially set the machine from 0-60 degrees. Ideally, we would like you to increase the machine 10 degrees each day up to a maximum of 100 degrees.
- A cryo-cuff or similar cooling unit will be on your knee after surgery. Use the unit full time for the initial 48 hours and then as needed to control pain and swelling. Make certain the device is not directly on your skin (need a towel or ace wrap to prevent injury to your skin).
- Take pain medication as directed on the bottle.
- Leave your operative dressing/bandage in place for 48 hours. You may change the dressing to band-aids over the small incisions at that time.
- Do quad sets, ankle ROM 3X/day until follow up visit.
- You may shower (no bath) 48 hours after surgery with the incisions covered. Change the band-aids after your shower.

Please call 603-224-3368 (Concord) or 603-526-8010 (New London) or 1-800-660-2672 (toll-free) if you have questions or concerns.