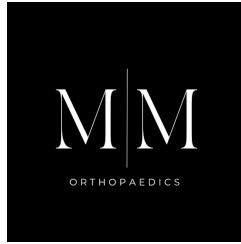


Cartilage Restoration Procedure for Patella/Trochlea: Post-Operative Instructions

- 1) **Review** the operative findings, procedures and photos.
- 2) Make sure **medications** are effective and not causing problems.
 - a. **Toradol (Ketorolac)** for pain and inflammation. You may take one tablet every 8 hours. This medication should be taken **ONLY** for the first two days. 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 8 hours for 3 days. If you have a penicillin allergy this will be replaced by other options.
 - c. **Ultracet (tramadol/acetaminophen)** this is a pain medication that contains acetaminophen or Tylenol. You should not combine Ultracet with Tylenol to prevent overdosing of acetaminophen. It is okay to combine this medication with anti-inflammatory medications (NSAIDs) such as Advil or Aleve.
 - i. Directions for use: We recommend 1-2 tablets to be taken every 6 hours as needed for moderate-severe pain. You should not take more than 8 pills per day. NOTE: You may switch to extra strength Tylenol at any time if your pain is under reasonable control.
 - d. **Mupirocin Ointment**—continue to apply twice per day with Q-tip to nasal cavities (rim of nose/nostril) x 2 more days.
- 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 waterproof the incision site once the sutures have been removed.
- 4) **Exercises and Physical Therapy**
 - a. Your leg will be locked at full extension in a hinged knee brace for the first week.
 - b. Once your sutures are removed, you will begin to progress with knee flexion:
 - i. You will add 10° of flexion every other day until the brace is unlocked (full range of motion). By 3 weeks, your knee should flex to 90°.
 - c. Once your sutures are removed at 1 week you will also begin the **CPM 6-8 hours/ day for 6 weeks**. Range of motion will gradually increase as tolerated. A general guideline is: to add 10° of flexion every other day.
 - d. Physical Therapy: You may begin Physical Therapy 6 weeks after surgery. We will give you the referral at your 6-week post-operative visit.
 - e. 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** (partial weight-bearing).



6) **Follow Up appointments**

- a. Schedule a follow up visit in approximately 7-10 days for Suture removal.
- b. The next appointment to follow will be 6 weeks from your surgery date.
- c. You will also require PRP and Orthovisc injections at weeks 6 and 7 from the surgery to facilitate the cartilage repair.

7) **Notes:**

- a. Make sure you have all necessary notes and documentation for school or work.

8) **Issues: Please call us at 310-310-2729.**