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Dr. Lowry's Post-Op Instructions **Knee Arthroscopy with Microfracture**

Patient:

1. Remove your dressings in 48 hours & shower only (no bathing). Immediately dab your incisions dry, apply medium band-aids, & replace the ace wrap.
2. Keep your foot elevated at or, preferably, above heart level. This will dramatically help to decrease the expected swelling in your leg/ankle/foot. Remember: you can't elevate your foot too much & gravity is your enemy.
3. If you are at an increased risk for developing a blood clot, you will be prescribed a daily aspirin to be used for three weeks.
4. You will also have a "polar care" placed over your dressings. This is a device that circulates cold water around the knee to keep down the initial swelling after surgery. Wear x 48 hrs while you have your initial dressings on. Then, use it 2-3x/day x 45 mins each use. ALWAYS have your knee covered. Do not place the polar care directly on your skin as it may cause skin damage. (Use two properly sealed ice packs to your knee in the same manner if you are not given one a polar care device.)
5. You will also be sent for P.T. to start a motion program prior to your first clinic visit.
6. Use your crutches at all times when getting up & around. You can only place your foot on the ground for balance (toe-touch or "touch down" weight bearing - TDWB) for 4-6 weeks. This is very important: the microfrx repair can fail if you put too much weight on your knee too soon.
7. Please make an appointment to see me in 14 days. At that time, your sutures will be removed & your brace adjusted to 60 degrees.

For more details about the microfracture procedure, please use the following link:

<http://orthoinfo.aaos.org/topic.cfm?topic=A00422>

If you have any other questions or concerns please call my clinic.

Sincerely,

A handwritten signature in purple ink, appearing to read "J. Lowry", with a stylized flourish at the end.

Dr. Jason K. Lowry, MD FAAOS