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SPECIALIZING IN SHOULDER & KNEE SURGERY

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Post-operative Instructions: Mosaicplasty/Microfracture

Dx : Arthroscopic Mosaicplasty / Microfracture / Partial Meniscectomy / Chondroplasty

1. Remove the dressing on the morning of the 2nd day after surgery. Keep the incisions clean and apply Band-Aids to the small wounds and sterile gauze pads under an ace bandage to the larger incision. Please do not use Neosporin or any other ointments. You will change your dressing each morning for the first 7 days after surgery until the bandages are clean, dry, and free of blood or drainage.
2. Keep your leg elevated with a 3-4 pillows under your calf & ankle, NOT under the knee. Apply the Cryocuff or an ice-pack as often as possible for the first 4-5 days and then at least 5 times each day for 30 minutes and after each time you do your exercises.
3. You may shower quickly (2-3 minutes) on post-op day #4. Cover the incision with saran wrap and taping the edges closed. Remove this before the last 30 seconds you are in the shower to quickly rinse the wound. Gently pat the area dry. Do not bathe, soak the knee in water, or go swimming in the pool or ocean until 10 days after your sutures are removed.
4. Exercises to be performed 2-3 times daily:
 - a. Gentle range of motion of the knee: bending and straightening.
 - b. Straight leg raises, with foot straight and turned out.
 - c. Goal is 50-100 reps; 3x / day.
 - d. Isometric quadriceps contractions.
 - e. **No weight-bearing** and use of crutches at all times for 6 weeks
 - f. CPM machine at home for 4-6 hours per day
5. Please call the office to schedule a follow-up appointment for suture removal ~8-12 days after surgery. You will use the crutches at all times and are allowed to bear weight only with your toes touching the ground for balance. If you develop a fever (temp > 101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
6. Enclosed are two prescriptions for you to use post-operatively. An anti-inflammatory medication (ie: Naprosyn, Arthrotec, Celebrex, Mobic, or Bextra) and pain medication, Oxycontin & Percocet. These anti-inflammatory medications are to be used twice a day with breakfast and dinner, for the first ten days after surgery. Oxycontin & Percocet, narcotics, are to be used on an "as needed" basis for pain in addition to the anti-inflammatory medication.
 - a. The anti-inflammatory medication may cause you to experience heart-burn or stomach upset in which case you should discontinue it immediately. The pain medications are all opioid narcotic derivatives which have potential side effects that include constipation, nausea and sleepiness. These pain medications should not be taken on an empty stomach.

If you have any questions, please contact the office at:

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