

Microfracture (Expectations)

Aim

To stimulate new articular cartilage to grow in the knee, where it has been damaged by an injury. This is done at an arthroscopy and by using a machine that moves your knee for you (CPM machine). The machine is used 8 hours a day for 8 weeks. The 8 hours each day may be broken down into repeated shorter periods. You cannot put weight through the knee for 8 weeks.

Physiotherapy

Before surgery it is important to help with strength and range of movement. You will also learn the exercises you will do after the surgery.

After surgery it is vital to:

- Reduce pain and swelling
- Restore full range of movement
- Restore normal muscle tone and strength
- Progress to a return to normal daily activities (often takes 16⁺ weeks)

Crutches

Used for 10 weeks. 8 weeks no weight and 2 weeks part weight bearing.

Wounds

The large dressing should be removed after 24 hours and replaced with small sticky dressings. The stitches will be removed at 7 days. You will see Mr Lavender in clinic after 2 weeks.

Painkillers

Painkillers are put into your knee at the time of surgery and last 6 – 8 hours. Begin taking other painkillers as soon as the sensation starts to return to your knee. Continue for a few days before you should be able to gradually stop them.

Driving

Driving is not allowed for 10 weeks unless your left leg has been operated on and you drive an automatic. Then you can drive when you are able to get in and out of the car safely.

Work

Usually you require to be off work for 10 weeks, unless on a computer at home.

Flying

Should not be done for 12 weeks due to the risk of blood clots in your legs.

Sport

Impact sports are best avoided for at least 16 weeks.