



OSTEOCHONDRAL DEFECTS POST-OP INSTRUCTIONS

DAY 1

- Elevate foot on 2-3 pillows for 23 hours
- Use crutches when walking to the bathroom. **DO NOT** put foot on the floor
- Use ice machine 3 times a day
- Take two tablets of Percocet (Oxycodone) every 4 hours
- Take 1 tablet of Vistaril (Hydroxyzine) three times a day, the third one just before going to sleep at night
- Some bleeding through the dressing may occur. This is normal
- Numbness is normal in the operated limb for up to 24-36 hours. If this persists then contact the office at 646.797.8880
- Headaches following epidural analgesia can occur. Lie down with your head flat and you may take aspirin. A single cup of coffee can also alleviate this spinal headache. If this persists over 12 hours you should contact the anesthesia office at 212.606.1206 and speak to the doctor on call
- Post-operative pyrexia or elevation in body temperature is normal for the first 48 hours. You may take aspirin for this

DAY 2

- High elevation on 2-3 pillows 23 hours a day

- Non-weight-bearing with crutches to bathroom
- Heavy posterior splint will remain on for 10-14 days
- Percocet (oxycodone) for pain as per day 1 instructions

DAYS 3-14

- Ambulate out of bed as tolerated, but non-weight-bearing
- Anticipate pain when leg not elevated
- On day 5 → change from Percocet to Vicodin (Hydroxycodone)
- Keep cast and dressing intact and dry

DAYS 10-14 TO 28

- Return to Dr. Kennedy's office for wound check and x-ray
- Change from cast to CAM walker boot, which must be worn 23 hours a day
- Wound can get wet in shower
- Boot to be removed one hour a day for ankle dorsi- and plantarflexio only
- Non-weight-bearing days 14-28
- Wean from Vicodin slowly

DAYS 28 TO 34

- Return to Dr. K for x-ray and Hyaluronan injections
- Begin touch-down-weight-bearing

WEEKS 4-6

- Physical Therapy
 - Increase weight-bearing by 10% each day

- Passive ankle range-of-motion
- No NSAIDs throughout

- Week 6
 - Second hyaluronan injection
 - Final x-ray

WEEKS 6-8

- Continued Physical Therapy
 - Strengthening
 - Balance + Proprioception

3 MONTHS

- Sports participation