



## **POST-OPERATIVE INSTRUCTIONS: QUAD TENDON, PATELLAR TENDON, PATELLA FX**

### **Diet**

- You may resume your regular diet without restrictions. However, start slow with clear liquids and gradually work your way back to your normal diet. This will help prevent nausea and vomiting.

### **Wound Care**

- You can remove the outer layer of dressings (ace wrap, webril dressing, and padding) 4 days after surgery. After that, you are permitted to shower. Please keep the incision dry by using either waterproof dressings or any impermeable bag.
- You will have an incision that is closed with either staples or a Prineo/Exofin dressing under the Mepilex dressing (if applicable). If closed with staples, please keep the staples covered with a bandage. If a Prineo/Exofin is present the incision does not need to be covered but you can do so for your own comfort or at your own discretion. Please do not remove the Prineo/Exofin. If the edges do loosen, they can be trimmed as needed.
- Do not put any lotions or antibiotic ointments over the incisions until they are completely closed.
- Do not submerge your surgical knee or soak in a hot tub, swimming pool, or bath until 4 weeks post-operative when your incisions have completely healed.
- Any sutures or skin closure will be removed at your first post-op visit.

### **DVT Prevention**

- You must wear your white TED hose compressive stockings for 4 weeks after surgery. These stockings reduce swelling which improves healing and helps to prevent blood clots.
- Please perform ankle pumps as this will also help to prevent blood clots.
- You will be required to take medication to help prevent blood clots; these prescriptions were provided to you after surgery and should be filled at your pharmacy. Usually our recommendation is 4 weeks of Eliquis taken twice daily. If you have a personal or family history of DVT/pulmonary embolism or have other risk factors elevating your risk for thromboembolic events we may have alternative medications to prescribe to you: if this is the case, please let us know and refer to those updated instructions.



- If you are traveling after surgery, please let us know: we advise that you wait at least one week between surgery date and travel. Please see below for some general tips for preventing blood clots when traveling:
  - Get up on the plane to crutch/walk every hour or if driving stop every 1-2 hours to get up and walk
  - Stay hydrated. Avoid alcohol and caffeine
  - Wear your TED hose stockings for the duration of your travel
  - Take 325mg Aspirin the day before, day of, and day after the travel (if advised)
  - Perform your exercises during travel; especially the ankle pumps
  - If you experience pain or swelling in your calf, please call our office immediately or go to a local emergency department for evaluation.

### **Post-Operative Activity and Weight Bearing**

- Use your crutches as instructed. You may only put weight on your leg when your knee is fully extended AND you are wearing the brace. Do not put weight on the leg when the knee is bent or out of the brace. This will last for 6-10 weeks on the surgical leg.
- Maintain your knee brace or knee immobilizer as we cannot replace with a new brace.
- Please elevate the knee frequently in order to help decrease swelling/discomfort.
- Perform the exercises included in this packet (or that you were instructed at a pre-op visit) 3-4 times a day for 10 minutes each session. Begin them the day after surgery. Please schedule your first physical therapy visit for 2-3 days post-op.

### **Cold Therapy**

- Ice should be used to help reduce pain and swelling. Use it as often as possible the first 3 days after surgery, alternating 20 minutes on and 20 minutes off. After the third day, use it at least 3-5 times a day for 20 minutes until pain and swelling have resolved.
- When icing after your surgical dressing has been removed, do not put ice directly over healing skin. Use a barrier between to prevent any contact burns.

### **Pain Medication**

- Take your pain medication as prescribed. This usually means 1 tablet every 4 hours for mild pain or 2 tablets every 4-6 hours for more severe pain. Do not take any additional Tylenol when taking these narcotic medications.
- You can also use over-the-counter NSAIDS once you are eating well. These medications help to reduce pain, swelling, and stiffness. We recommend that you transition to either Aleve or Ibuprofen (following dosage on the bottle) when your pain is manageable.



- The narcotic pain medication can cause constipation if you take it regularly. Some treatments include prescribed stool softeners, fiber bars, Metamucil, or prune juice.
- You are not permitted to drive while taking your narcotic pain medication.
- The pain medication can cause nausea so always take it with food.

**\*\*Please call a minimum of 24 hours prior to needing additional medications in order to provide you with the handwritten copy. All requests for prescriptions prior to the weekend must be received by Thursday at noon. Failure to plan accordingly and contact our office prior to needing a refill may prevent you from obtaining your medication.**

**Bone Health (For Patella Fractures Only)**

- While fractures can happen for a variety of reasons, sub-optimal bone health can be a risk factor. Taking Vitamin D and Calcium during the duration of your treatment can help promote fracture healing. The following are suggested doses and are available over the counter: 1000 units Vitamin D by mouth daily and 1000mg Calcium by mouth daily.

**Notify the Office if you Experience the Following**

- Flu-like symptoms, nausea/vomiting, temperature of 101.5 degrees or higher, severe chills; foul odor, redness, or increased tenderness or drainage from the incision. These are signs of a possible infection. You may need to report to an Emergency Room.
- A hot tender area or unusually large amounts of swelling in either calf or other area of the leg; chest pain, shortness of breath or coughing up blood are signs of a possible blood clot and you may need to report to an Emergency Room or call 911.
- **If you have any other URGENT problem, call the office 714-850-7300. You will be transferred to the answering service and the on call physician if it is outside of normal business hours. If you are concerned that you have a life-threatening condition or emergency, DO NOT CALL THE OFFICE; call 911 immediately.**

**Follow-up**

- You should already have your post-operative appointment scheduled; this should be scheduled for 10-14 days after your surgery date. Please call the office with any questions or to confirm your appointment at 714-850-7300



### **HOME EXERCISES:**

**Begin the day after surgery. Perform 3-4 x a day.**



**Ice:**

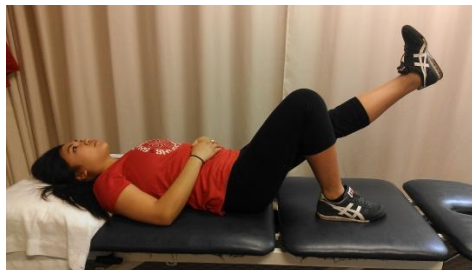
Elevate leg on pillows or place heel on couch arm or chair.  
Place towel over knee to protect your skin, then ice pack.  
Can perform with knee extension stretch.  
Hold 15-20 min. 2-3x day to reduce swelling

### **Ankle Pumps**



- Pull toes back toward your nose, then point them away
- Do 30 repetitions both feet
- Do every hour

### **Straight Leg Raises**



- Perform quad set (above) and keep leg straight (in the brace) as you slowly raise it off the table.
- Hold it off the table for 10 seconds and do 10 repetitions.