POSTOPERATIVE INSTRUCTIONS

**Quadriceps/Patella Tendon Repair**

ACTIVITY:

1. Wear loose comfortable clothing.
2. Elevate your operative knee on 2-3 staggered pillows for the first 72 hours. **It is important that the pillows start at the top of your thigh.** To reduce swelling, your knee and foot must be above your heart level.
3. Circulation exercises are extremely important and should be started in the recovery room. Wiggle your toes and rotate your ankles in all four directions. You should experience a tightening of your calf muscles. Do this exercise often each day until you see Dr. Mangion at your postoperative appointment.
4. If you do not have crutches, a pair will be provided to you in the recovery room. Use them the first 72 hours then you may wean off your crutches as tolerated. This is a weightbearing procedure, i.e. place weight on your operative leg. **You must wear your brace at all times with it locked in extension for any weightbearing activities.**
5. Avoid strenuous activities including prolonged standing/walking which will increase the pain or swelling of the knee, until your postoperative office evaluation.

PAIN CONTROL and MEDICATIONS:

1. If you had a nerve block, it will be effective for approximately 24 hours, sometimes longer. During this period it is important to take pain medications even if you have minimal pain.
2. Apply a covered ice bag to the knee for approximately 30 minutes 4 to 5 times per day for the first 72 hours. After 72 hours apply ice for 20-30 minutes after exercising and as needed for discomfort and/or swelling. Be sure to protect the skin with a cloth to avoid a frostbite injury.
3. You have been prescribed a pain medication (Oxycodone) which you may take 2 tablets every 6 hours or 1 tablet every 3 hours as needed. Do not drink alcohol, drive a car or operate hazardous machinery when taking pain medication.
4. You have been prescribed an anti-inflammatory medication (Ibuprofen 800 mg) which should be taken 3 times per day.
5. You have been prescribed acetaminophen 500 mg (Tylenol) which should be taken every 4 hours.
6. Your prescribed medications may be taken at the same time. This will minimize the amount of opioid medications you will require and limit side effects.
7. After the first post-operative day please decrease the use of Oxycodone as tolerated.
8. You have also been prescribed a medication (Aspirin, enoxaparin, Xarelto, or Eliquis) to decrease the risks of a blood clot (also called a DVT). Please take this medication every day.
9. All medications must be taken with food.

DIET:

1. Begin with liquids and light food for the first few meals. Progress to a normal diet as tolerated.
2. Narcotic medications (Vicodin, Percocet) may cause nausea, diminished appetite and result in constipation. Take medications needed for pain control and eat a high fiber diet (or take Metamucil) and drink plenty of water.

WOUND CARE:

1. Please leave your surgical dressing in place until your post-operative appointment.
2. Keep your stitches dry. Do not apply ointments, salves or creams to the incisions.
3. You may experience slight bruising and swelling.

EXERCISE:

1. We recommend that you begin physical therapy the day after your first surgical follow-up visit. Please preschedule your physical therapy appointment to be sure that you are seen on a timely basis. You will be given a prescription for therapy at your first surgical follow-up visit.

FOLLOW-UP APPOINTMENT:

Your follow up appointment should be in 10-14 days after surgery. If you have not been given an appointment, please call the office at 845-795-3637 to the confirm date and time.

PROBLEMS:

1. Call the office for any worrisome conditions.
2. Call the office if you experience any of the following: fevers greater than 101 degrees, chills, increased swelling, pain, redness or increasing drainage at the incision.
3. If an emergency arises call 911 and ask to be taken to the Emergency Room. Urgent problems can be managed by calling the office. After hours instructions will be given on how to contact the on-call covering physician.
4. Please call during business hours for medication refills.