

## **Post-Operative Instructions: Quad/Patellar Tendon Repair**

You are recovering from knee surgery. The following information is to help make your recovery as smooth and rapid as possible.

- 1) Keep your knee elevated as much as possible. Elevate your operative leg for the first 2-3 days so your knee is higher than your heart whenever you are resting. You may get up to use the bathroom and to eat meals, but the more you elevate your leg, the less you will swell, bleed, or have pain. Use your cold therapy unit as directed until you are seen in the office.
- 2) We routinely use different post op dressings. Some are waterproof and some are not. Follow the post op instructions provided by the hospital staff.
- 3) Post-operative bleeding is not unusual. Reinforcing your dressing is all right. If you have concerns about the amount of bleeding, please call.
- 4) You may place up to all of weight on your leg WITH CRUTCHES AND YOUR BRACE LOCKED IN EXTENSION. Remember that surgery will cause your thigh muscles to be weak, so take your time and be safe.
- 5) Keep your brace on at all times, locked in full extension, for both walking and sleeping. You can begin to remove it at night typically 2-4 weeks after surgery, but it will stay on for all ambulation for 2 months.
- 6) Your post-operative therapy begins on the day of surgery. You can move your knee 0 - 45 degrees out of the brace ONLY AT REST. Work on range of motion of your knee several times each day. In addition, work on keeping your knee FULLY STRAIGHT.

- 7) Initially you should perform ankle pumps (up and down motion), straight leg raises in the brace, thigh isometric contractions, and knee range of motion exercises. There is no limit to the amount of these exercises you may do. No therapy should cause sharp pain. Stop all activities that cause this kind of pain.
  
- 8) Post-operative pain is common, but should be controlled by the prescriptions given to you. Do not mix alcohol and prescription pain medications. Your need for prescription pain medication should decrease after 3-4 days, and you should begin taking your usual over-the-counter pain killer (Advil®, Tylenol®, aspirin), as needed. Be sure to take your antibiotics or other medications as prescribed.
  
- 9) If you have any unusual problems; increased pain after the first 3-4 days, a temperature over 101.5°F, unusual rashes, circulation or sensation problems, or any other problem, please call our office at (607) 734-4110.
  
- 10) Do not drive until cleared by your provider. You should not drive while taking prescription pain medications.
  
- 11) You will be seen in the office 10-14 days after surgery for follow-up. If you have any questions or concerns, please call us at (607) 734-4110.