

## Post-Operative Care

### Knee Patella Tendon and Quadriceps Tendon Repair

#### Dressing/Wound Care

- Do NOT get the bandage wet.
- Remove the bulky bandages and dressings (**not the white steri-strips**) after:
  - 2 days for Drs. Rockett, Shah, Healy and Osuch
  - 3 days for Dr. Christiano
- If you have white steri-strips on the skin, leave them intact until they fall off on their own.
- If you have visible sutures or staples, leave them intact. They will be removed by your surgeon in the office.
- You may place band-aids or sterile 4x4 dressings over the wounds.
- You may notice some drainage from the wound, this is normal.
  - If this persists more than five days please call the office as a precaution (this can still be normal).
- If you have **steri-strips** on the incision, you may shower on the 2<sup>nd</sup> or 3<sup>rd</sup> day and let the water run over the wound, do not scrub the wound, just blot it dry.
  - No baths, pools, or hot tubs until told.
- If you have **staples** on the incision, keep the wound dry by covering the knee with plastic wrap for showering.
- Some swelling or bruising around the knee or leg is expected and can last up to several weeks.
- Low-grade temperatures up to 101 are common after surgery
  - please call if temperature rises above 101.4.

#### Ambulation and Movement

- Crutches will be given to you. Please use these for walking at all times.
- Your knee is in a brace with the knee locked in extension. The brace must remain in a locked and extended position at all times.

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- The brace can be removed for showering only. The brace is to remain on for sleeping.
- You may put as much weight on the leg for walking with crutches as you are comfortable with as long as the brace is on and locked in extension.
- Elevate your knee as much as possible for the first 24-36 hours.
- Use ice for the first 24-36 hours, you may leave ice over the bandage as long as you feel comfortable (recommend at least 20 min/hour).
- **Do not place ice or ice pack in direct contact with skin.**

#### **Medications: Take as prescribed**

- You will have received a prescription for pain medication.
  - Do not operate machinery or drive while taking this medication.
  - This medication may cause nausea or vomiting.
- You may have been given a prescription for an anti-nausea medication.
  - Take as directed for any nausea associated with the pain medication.
- For added pain control, begin taking Tylenol 500mg tablets, 1-2 tablets every 6 hours as needed.
- Any severe itching, hives or difficulty breathing, please call immediately.
- Please begin Enteric Coated Aspirin 81mg twice daily for 4 weeks following your operation.

#### **Physical Therapy**

- On your first visit after surgery you may be given a prescription for physical therapy.

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### **Knee Patella Tendon and Quadriceps Tendon Repair (continued)**

#### **Return Visit**

- If you do not already have a scheduled post-operative visit, please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days after day of surgery unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.