



CONNECTICUT
CENTER FOR
ORTHOPEDIC
SURGERY, LLC

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Orthopedic Surgeon

www.OrthoOnTheWeb.com

Patient Name _____

Date _____

PATELLA OR KNEE TENDON REPAIR POSTOPERATIVE INSTRUCTIONS

Activity: After your knee fracture or tendon repair, you should be given crutches or a walker.

These should be used for 6 weeks and you may put your foot on the ground for balance but you may put full weight on the operative leg. Elevation of the leg is important for the first weeks after the surgery as it helps to reduce the leg swelling. After 1-2 days, if your knee is feeling good, you may increase your activity level gradually.

Do not bend your knee.

A knee immobilizer is also required for 6 weeks after surgery. The Velcro on the knee brace may be opened for ice application. Use ice packs to the knee for the first 24-48 hours after surgery. Apply the ice as frequently as needed after surgery. After 24 hours, you may use the ice packs two or more times a day for 20 minutes at a time, if desired for comfort.

Dressings: The post op dressing should remain in place until you are seen in the office. After that, you will be instructed how to manage the brace and you can open the brace to clean your leg. You may be sent for a custom fitted knee brace after surgery. This information will be provided at the first post op visit.

Medications: You may resume your normal medications that you took prior to surgery. If you are able to tolerate aspirin, take one tablet (325 mg) daily until you have resumed normal activity or are seen in the office. Your prescription for pain medication should be filled after you leave the Ambulatory Surgery Center. Medication refills will only be done by me or my office during the week from 8am - 4pm. Narcotic pain medications will not be refilled after 4 pm or on the weekends. **Plan ahead.**

Medications for postoperative pain are as follows: _____ 1-2 pills every 4 hours if you have pain.

If you are **not** taking the above narcotic medications, you may take Extra-Strength Tylenol as directed on the label. You may take over-the-counter anti-inflammatory medications such as Advil or Aleve if you know you can tolerate those medications and are not taking blood thinners. Once the nerve block begins to wear off, start your pain medicine.

Follow up: Make an appointment to be seen approximately ~7-10 days after surgery. I will discuss the procedure and the findings during surgery at this visit.

Problems: Complications from knee surgery can occur and you must be aware of the early warning symptoms of some of the more serious problems that may arise. The risk of surgery is never "zero". Call the office for a temperature over 101 degrees, pain not controlled by the pain medication, or drainage from the incision.

Phlebitis: This is a blood clot in the leg. These symptoms include calf pain (i.e.: cramps or a "Charlie horse") in the leg. Other symptoms include chest pain and shortness of breath. Phlebitis is a serious complication if it is undiagnosed or untreated, therefore you should call the office immediately if you have any of these complaints.

CALL THE OFFICE OR EMERGENCY ROOM IF ANY OF THE ABOVE PROBLEMS OCCUR.

If you have any questions or problems, please call the office. The office is open Monday through Friday from 9:00am to 5:00pm and can be reached at 860-649-2267. After hours, you may call the office to speak with the covering doctor.