



Town Center ORTHOPAEDICS

ASHBURN • CENTREVILLE • FAIRFAX • RESTON

PHONE: 703-435-6604

Post-Operative Instructions Following MPFL Reconstruction

1. WHEN DO I COME IN FOR MY FIRST FOLLOW-UP VISIT?

If an appointment has not already been scheduled, please call the office the day following surgery to schedule an appointment for approximately one week after your surgery.

2. WHAT SHOULD I EXPECT AFTER SURGERY?

After surgery, it is normal to experience some discomfort. A pain medication prescription was sent to your pharmacy. Please use the medication regularly as directed for the first twenty-four hours and then as needed after the first day. Tylenol (Acetaminophen) may be used with or in place of the prescription medication.

If you have been prescribed Celebrex (Celecoxib), you should not take additional anti-inflammatories.

A low-grade temperature (99-101 degrees F) is common. Please call the office if your temperature is consistently elevated over 101.5 degrees.

Try to keep the surgical leg elevated for the first two days. Your knee should be elevated above your heart. This can best be done by placing pillows under your calf.

3. HOW LONG SHOULD I KEEP MY KNEE DRY AND WEAR THE BANDAGE?

The bandage should be kept dry and in place for 48 hours. For the first 48 hours, it is best to take baths with your knee hanging out of the tub so that the dressing may remain dry.

Forty-eight hours after surgery please remove and discard the bandages, leave the small white strips located over your incision in place. There may be some dried blood on the bandages and knee. This is normal. In addition, there will be several stitches. After you remove the bandage, continue to keep the incisions dry and covered with either gauze and a loosely fitting ace bandage or Band-Aids. Do not place any creams or lotions on the incisions.

After you remove the dressings, you may get your knee wet in the shower. However, do not immerse your knee in water (i.e. swimming, baths, or hot tubs) while the stitches are in place.

4. HOW MANY DAYS SHOULD I USE MY CANE OR CRUTCHES?

Use your cane or crutches as needed. It is okay to put full weight on your leg with the **knee immobilizer** in place.

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As each day passes, you may find that the cane or crutches are not needed. Feel free to walk without them as tolerated.

5. **WHAT CAN I DO TO HELP REDUCE SWELLING AND DISCOMFORT?**

Limiting your activities and resting with your knee elevated above your heart are the best methods of reducing swelling and discomfort. This will also help speed up your recovery. You may have a cool therapy device. If this is the case, the company's representative should have provided you with instructions on its proper use. If not, please call our office. Ice may also be used. This is equally effective and can be done by filling a plastic bag with ice cubes and placing it over your knee with a towel between the skin and the ice bag. Leave the ice in place for 15-30 minutes. This may be done every hour while awake.

Regarding your activity level, use common sense as your guide. Advance your daily activities as tolerated. Avoid all risky and sport activities. Full weight bearing on your operative leg is permitted. Be careful while climbing and descending stairs. Painful activities are to be avoided. Initially, it is best to limit your activities to those that are necessary. This will help reduce your swelling and discomfort.

6. **WHAT ELSE CAN I EXPECT?**

1. Numbness around the incision site is a result of the disruption of superficial nerves in your skin during the operation. This is normal and unavoidable. Most of this will resolve over time but a small area the size of a quarter may often remain numb.
2. A sudden rush or feeling of fullness with pain in the knee when going from sitting to a standing position is common following surgery. This will resolve as the swelling resolves.
3. Bruising and/or swelling of the shin and ankle are common after surgery. This is caused by bleeding from the bone and soft tissues (that are cut during surgery) into the area just deep to the skin. To reduce this, it is best to ice the leg. If at any time you have discomfort, swelling or redness in the calf (behind the leg between the knee and ankle) please call our office immediately.

7. **WHAT EFFECTS MIGHT I NOTICE FROM THE ANESTHESIA?**

If you had general anesthesia, some fatigue and lethargy may be noticeable for a day or two. Occasionally, nausea may occur. Eating light foods will help. Resume your regular diet as the nausea resolves.

If you had a block, soreness around the area of injection is common. Ice to this area is helpful in reducing discomfort. Apply it for 15 - 30 minutes three times a day. The soreness should resolve by three to four days following the surgery. If, by that time, it has not resolved, or it is getting worse, please call my office or call the hospital and ask for the anesthesia office.

8. **WILL I HAVE AN EXERCISE PROGRAM TO FOLLOW?**

You have been given my physical therapy protocol. A prescription will be emailed to you. If you have not already scheduled an appointment, please call a physical therapy facility and schedule an appointment as soon as possible. You should try to begin therapy **prior** to your initial follow-up appointment with me. If you have any difficulty arranging the therapy call our office for assistance.

In the meantime, remove the knee immobilizer several times a day while sitting or lying down. Bend (flex) the knee to approximately 90 degrees several times. Try not to bend more than 90 degrees until told to do so. Replace the knee immobilizer afterwards.

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