



## Patellar or Quadriceps Tendon Repair Post-Operative Orders

**Dr. Abigail Hamilton, MD**

You were under general anesthesia and received sedation. Please rest and relax the day of surgery. Be aware of possible dizziness and exercise caution when you are on your feet. **A responsible adult must be with you for the first 24 hours following surgery for safety.**

- Do not drive for 24 hours after surgery or while using narcotic pain medication.
- Do not operate power machinery.
- No important decision-making or signing of legal documents for 24 hours.
- Do not use alcoholic beverages for 24 hours or while taking narcotic medications.
- If you are unable to urinate, feel uncomfortable and it has been 8-10 hours since you last urinated, go to an urgent care or an emergency room

### **Diet:**

- Start with a light meal, such as soup/crackers/toast, and advance as tolerated.

### **Wound Care:**

- Remove bulky operative dressing in 2 days.
- Keep steri-strips (white band-aids covering incisions) in place until they fall off or they are removed at your first post-operative visit.
- You may shower after you remove your operative dressing.
- Do not scrub the area; just allow water/soap to wash over you.
- Pat incision dry afterward, do not rub.
- Do not bathe/swim/soak incisions until they are completely healed (approximately 4 weeks after surgery).

### **Ice:**

- We recommend that you perform icing on a consistent basis for the first 48-72 hours. This will help reduce post-operative swelling. After that, use as necessary. Apply for 20-30 minutes and then remove for a break period of at least 30 minutes to prevent frost-bite to skin.

### **Braces:**

- With an **Patellar Tendon Repair procedure** you will be placed in a hinged knee brace. Brace will be worn 12 weeks after surgery. At first, your motion will be limited by the brace for the first 6 weeks and then we will increase your allowed range of motion. You should not remove for sleep but after the first 2 weeks post-op can leave it unlocked for sleep. Brace should remain locked in full extension until your first post-operative appointment. Lock the brace in extension (leg straight – 0 degrees) for ambulation (walking) until instructed that it may be discontinued.

### **Crutches & Weight bearing status:**

- Following an **Patellar or Quadriceps Tendon Repair procedure**, you may fully weight bearing and wean from walker/crutches as you are able.
- When you are able to ambulate without a limp and feel comfortable doing so, you can safely discard the crutches and walk unassisted. This is usually around 2 weeks post-op.

### **Physical Therapy:**

- Formal physical therapy is very important in returning to full function after a shoulder surgery. Following a **Patellar or Quadriceps Tenon Repair**, you should start formal physical therapy approximately one week after surgery to review pendulum exercises. The prescription and protocol should be given to a physical therapist of your choice so you can begin your program as directed under close supervision of your surgeon.
  - Make sure you have an appointment with a physical therapist. If you do not, please call 952-456-7000 and get in as soon as possible. If you need a referral to be seen outside of the TCO system, please call Sarah Lagarde at 763-302-2107 and she can fax a referral to the location you plan to be seen. If you are being seen within the TCO system, the referral is placed electronically.  
Continue the exercises the therapist gives you at home.

### **Block:**

#### ***Day of Surgery***

- You have been given a regional anesthetic block prior to your operation. This will wear off in the evening following your surgery.

### **Medications:**

- Resume all of your home medicines.
- You will be prescribed a short acting narcotic for home (oxycodone, dilaudid, percocet or norco). Please take this as needed. If you are prescribed oxycodone or dilaudid, it is OK to take Tylenol with this medication and doing so will help with pain. If you are prescribed Percocet or Norco, these medications already contain Tylenol and you should not take Tylenol while you are taking these medications. We will refill short acting narcotic pain medications as needed. Please call Sarah at 763-302-2107 to help arrange with appropriate lead time (call when you have 10-15 pills left as opposed to 0). Narcotic prescriptions require an original signed prescription and cannot be called or faxed into a pharmacy so you will have to arrange having someone with a photo ID come to clinic to pick up the prescription in person. This does not have to be the patient.
- Taking an anti-inflammatory medication (NSAID) is recommended unless you have been told by Dr. Hamilton or another physician to avoid this medication for any reason. These include ibuprofen, motril, advil, naproxen, aleve. Please take as directed if prescribed or follow dosing instructions on the bottle if you are taking an over the counter medication.
- Zofran (ondansetron)- take 1 tablet every 6 hours as needed. This is an anti-emetic medication that can help resolve some nausea and/or vomiting associated with anesthesia and other medications you are taking.

- These pain medications may be taken in any combination according to how much pain you are having.
- The use of narcotic pain medications can cause constipation. We suggest you use an over-the-counter stool softener while taking these medications (Colace, sennakot).

**Driving:**

- You may resume driving when approved by your orthopedic surgeon. If you have surgery on the left leg and have an automatic transmission, you may begin driving whenever you are no longer taking narcotic pain medications during the day and feel comfortable doing so. If you had surgery on your right leg, you may discuss further at post-operative appointments as we monitor your progress.

**Return to Work:**

- You may return to work as soon as you are comfortable. This is dependent on your job type. You will not be able to do any work with your arm out of a sling for 4-6 weeks post-op. You will not be able to return to work with any heavy lifting until 4-6 months post-op. Return to work notes if required can be obtained from your orthopedic surgeon at your first post-op appointment.

**Follow-up Appointment:**

- Please make sure that you have a post-operative appointment set up for 10-14 days and in 6-8 weeks after your surgery with Dr. Hamilton. Please call 952-456-7000 to schedule if this was not arranged at the time you booked surgery or if you have any need to change a date/time of the appointment.

**Please call if you experience any of the following:**

- Fever over 101 degrees for more than 24 hours
- Foul drainage, redness or warmth at the operative site
- Large amounts of bleeding or drainage
- Severe or uncontrolled pain
- Persistent nausea or vomiting
- Hives, rash or medication intolerance

\*\*\* Call 911 or go to the nearest Emergency Room if you experience shortness of breath, redness, warmth and extreme pain in the calf. These are signs of a blood clot.\*\*\*

Nurse \_\_\_\_\_ Responsible Adult \_\_\_\_\_