



PATIENT NAME:

DOB:

PHARMACY:

### POSTOPERATIVE INSTRUCTIONS

## PROCEDURE: MPFL RECONSTRUCTION OR EXTENSOR REALIGNMENT

**NEXT APPOINTMENT:**

**LOCATION:**

### **PAIN MEDICATION**

You will be given a prescription for pain medication after surgery. This should be filled and ready for use when you return home from surgery. You **SHOULD NOT** drive, operate heavy machinery, or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Norco, Vicodin, or Tylenol with Codeine. You **SHOULD** take an over-the-counter stool softener while taking narcotic pain medications to prevent constipation.

### **DRESSING**

You may leave the dressing intact until you return for your postoperative appointment. If the dressing becomes uncomfortable, you may remove it **NO SOONER** than **3 DAYS AFTER SURGERY**. For example, if your surgery was on a Thursday, **DO NOT** change the dressing until Sunday. Apply Band-Aids over the arthroscopic incisions and dry/sterile gauze over any larger incisions. Keep incision(s) clean and dry. **DO NOT** get the incision(s) wet until you have been seen and given approval by your surgeon. **DO NOT** soak the incision(s) in a tub, pool or body of water for **4 WEEKS** after surgery.

### **BRACE**

You were placed in a knee brace after surgery. This brace should be worn **AT ALL TIMES**, including when sleeping. It **MUST BE** locked in extension **AT ALL TIMES**. **DO NOT** get brace wet. Brace can be removed for bathing and exercises **ONLY**.

### **WEIGHTBEARING STATUS**

You will be **NONWEIGHTBEARING** on your operative leg. Use crutches or a walker to ensure you do not apply any weight to the operative leg. Brace **NEEDS** to be on and locked in extension. **DO NOT** engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Elevate the operative leg to chest level whenever possible to decrease swelling.

### **COLD THERAPY MACHINE**

If provided, begin using your cold therapy machine after surgery. We recommend use at least 3 times per day, following the manufacturers instructions for setup and utilization of water and ice, for **NO LONGER THAN 45 MINUTES** per treatment. **ALWAYS** make sure to apply a barrier between the cooling pad and your skin. If you have not been provided with a cold therapy machine, apply ice to the surgical area in a waterproof bag for **NO LONGER THAN 30 MINUTES** per treatment.

### **DVT (BLOOD CLOT) PREVENTION**

- >> Beginning the day of surgery, take one **ASPIRIN 81MG** tablet, twice per day for 4 weeks unless not allowed for other medical reasons. **Clear this with your family doctor before starting the aspirin.**
- >> Perform ankle range of motion exercises (ankle pumps) on both legs to exercise the calf muscles. Do ten reps every hour minimum while awake.
- >> **You should not do any flying for 2 weeks after surgery**

### **PAIN MEDICATION REFILL PROTOCOL**

You **MUST** give your physician **48 HOURS** notice for any medication refill. Many medications require your surgeon to send the medication electronically and cannot be called into the pharmacy. Prescriptions **WILL NOT** be filled over the weekend. A prescription for the same medication you have been taking after surgery **IS NOT GUARANTEED**.

### **WHEN TO CALL YOUR SURGEON**

Complications after surgery are fortunately very rare. Please contact our office if you have any of the following symptoms:

- >> Persistent fever >101°F, chills
- >> Increasing pain at the surgical site
- >> Increased swelling/pain in the calf
- >> New onset numbness or tingling
- >> Hives or new rashes
- >> Shortness of breath or chest pain
- >> Persistent nausea/vomiting
- >> Drainage from your incision lasting >5 days