

Patient Name:

Post-Op Appt:



**Dr. Adam Jester's Postoperative Instructions
Patella ORIF**

Post-Operative Instructions:

- Knee immobilizer should be worn AT ALL TIMES to ensure the operative knee does not bend.
- Weight bearing as tolerated on the operative leg with the knee in full extension AT ALL TIMES. Use crutches or a walker aid in walking.
- Elevate and ice at least 4x/ day.
- DO NOT remove the soft dressing under the brace. Keep the dressing clean and dry. It will be removed in office at your next visit.

Pain Control Protocol:

- Medications, if indicated, will be electronically sent to your pharmacy on file. Narcotic medications should be used as needed.
- We recommend alternating over-the-counter Ibuprofen 600mg when pain is not as severe as long as you are medically able to take the medication.

DVT (Blood Clot) Prevention:

- Begin use of Aspirin 81mg twice a day. This medication will be sent to your pharmacy on file. It is also available over-the-counter.

**For any questions or concerns call:
(813) 684-2663 ext. 304**