

Post-op PATIENT Instructions: PRE-PATELLAR BURSECTOMY

Dressing: A dressing has been applied to your knee to absorb any fluid/blood. A small amount of blood on the dressing is to be expected. Begin dressing changes 24-48 hours following surgery. Remove the OR dressing (leaving the steri-strips on), apply sterile gauze and re-wrap with the ACE bandage. Unless directed by your surgeon, no salves, balms, or ointments to the incisions. Soreness and bruising is expected for several days afterward.

Bathing: Showering is permitted 72 hours following surgery. Soaking the incisions should be avoided. (No swimming or hot-tubs.)

Ice: Ice is a powerful anti-inflammatory. Icepacks/wraps will help to reduce swelling and pain. Use liberally (20-30 min./session), but remember to protect the skin from direct contact (and frostbite).

Crutches: Crutches, a cane or walker may be needed for the first several days after surgery. Unless specified otherwise you may bear **full weight** on your leg immediately.

Activity: Foot and ankle motion (foot pumps) are encouraged and will help to reduce your chance of a blood clot. Additionally, tightening the thigh muscle and straight leg raises will assist your thigh muscle in returning its function faster. However, **no driving until permission is given by your surgeon.**

Pain: A narcotic prescription is provided. Fill this and begin taking the narcotic when your pain starts. Nausea, drowsiness, and constipation are common side effects of narcotics. Adequate fluid intake and a stool softener obtained over the counter from your local pharmacy is recommended to minimize constipation. Call the office if you are unable to tolerate your medication.

Precautions: If you develop temperatures above 101.5°F (38.5°C), uncontrolled pain, marked redness, persistent/discolored drainage, or significant swelling. Call the office **(813)-684-2663**

Follow-up: If you do not already have an appointment scheduled, call the office as soon as possible to schedule your first post-op visit.

Special Instructions: _____ (Additionally, follow any indicated instructions below.)

Physical therapy: if needed, prescribed at 1st post-op visit

Weightbearing (operative leg): as tolerated

Immobilizing brace: maintain (except for showering and dressing changes) until seen in office

Additional Instructions: