



POST-OPERATIVE PATELLOFEMORAL STABILIZATION INSTRUCTIONS

What was found: _____

What was done: _____

1. Wound Care

- Dressing Care:
 - * You may remove the dressing in 4 days and apply band aids to cover stitches. Please leave steri strips on (white tapes across wound). It is OK if they fall off.
 - * You may shower in 4 days with the incision covered. Keep it clean and dry.
 - * Do not get into a tub or pool until the sutures are removed.
- You have dissolvable sutures
- Sutures will be removed in our office in 10 to 14 days

After this procedure, you may experience a moderate amount of pain especially during the first 2-5 days. As well, you may notice a significant amount of swelling in the knee and possibly some bruising. This commonly occurs and may take several weeks to a month to diminish. Please continue to ice the knee regularly and elevate the leg to help diminish the swelling. You may also notice that when your foot is down or dangling that it may discolor somewhat. If this happens, you should elevate your leg, and the discoloration should resolve. If it does not, please contact us.

2. Icing

- A Cryocuff has been applied to your knee. It is recommended that you use it fairly consistently for the first 24 to 48 hours to help diminish the swelling. After the 48-hour period, if it is comfortable for you, you may use the Cryocuff or apply ice packs to knee 3-4 times per day for 30 minutes until swelling is resolved.
- Please apply ice packs to the knee 3-4 times per day for 30 minutes until swelling is resolved. Be careful of applying ice directly to the skin as this may result in frostbite

3. Crutches

- You may walk weight-bearing as tolerated with crutches. Your crutches may be discontinued when you can walk comfortably (usually 3 – 5 days).
- Please walk PARTIAL weight bearing (about 50% of your weight maximum) until your postop visit. Crutches will continue for ____ weeks.
- Please walk TOUCHDOWN weight bearing (about 20% of your maximum weight) until your postop visit. Crutches will continue for ____ weeks.
- Please NO WEIGHTBEARING on the affected extremity. Crutches will continue for ____ weeks.

4. Brace

- You may be placed into a knee immobilizer. Keep this on for ____ weeks.
- A lever-lock hinged knee brace has been applied to your knee post-op. It has been set from 0 to 90 degrees of flexion. When you are up and walking, the brace should be locked at 0 degrees. As well, when you are sleeping, the brace should be locked at 0 degrees.
- A hinged knee brace has been applied and will restrict your knee motion from _____ to _____ degrees. Be careful not to bend your knee beyond ____ degrees. Brace should be locked at 0 degrees while walking and sleeping.

Please wear the brace day and night unless instructed otherwise. It may be removed to apply ice and to shower. Please see the checked boxes below for instructions specific to your surgery.

Your goal for the first two weeks after surgery is to get your knee to go fully straight (0 degrees of extension). Try to keep the brace locked at 0 degrees of extension. It is okay to place pillows under your heel, but try not to place a pillow under your knee so that the knee will remain fully straight.

5. Physical Therapy

You may begin isometric quad sets, calf pumps, and gentle range of motion exercises as tolerated. Let pain and swelling be your guide as to how much you do.

- The physical therapy prescription is included and can start 2 weeks after surgery.
- Physical therapy may be arranged at your first follow up with Dr. Schleyer if necessary.

6. Pain Control



If you had a nerve block, your leg may be numb for 12-18 hours. Although you may not be having much pain, start taking your pain medication 6 hours after surgery.

* You have been prescribed _____ (which is a narcotic pain medication) for your post-op pain control.

* Use the medicine as prescribed and do not drive, drink alcohol, or perform duties that require concentration (i.e. school or work) while on the narcotic medication.

* After the first three days, you may find it beneficial to take an over the counter anti-inflammatory such as Ibuprofen (or Motrin or Advil or naprosyn or Aleve) for additional pain control if you do not have a contraindications to taking this medication (i.e. allergy to the medication, stomach ulcers or kidney problems). If you had a Lateral release, do not take these anti-inflammatory medications for the first week as they may increase the risk of bleeding.

7. Other Medications

- Valium is a muscle relaxant that is used for muscle spasms that are quite common after surgery. Take one tablet up to 3 times a day. Use as prescribed unless contradicted. Do not drive, operate machinery, or drink alcohol while on valium. This can be taken in conjunction with the pain medication. Half a pill can be used if the effects are too strong.
- Zofran is an anti-nausea medication. Use as directed for nausea or vomiting.
- Colace is an anti-constipation medication. Use as directed for constipation.
- Indocin is a strong anti-inflammatory used for the prevention of heterotopic ossification (excess bone re-formation). Take 1 pill a day with food for 3 weeks. DO NOT mix this with other anti-inflammatory medications such as Aleve, Motrin or Advil during these first three weeks. Once you are finished with the Indocin, you can switch to these medications (see section 6 above)

8. Driving

You may not drive at least until your post-op visit when you and Dr. Schleyer can make a decision.

9. Sports

Do not resume sports until you have discussed this on your first post-op visit.

10. Additional Information:

- Deep Venous Thrombosis (DVT):

Blood clots (DVT) are unusual but can occur after lower extremity surgery. Please call the office for calf pain, leg swelling, or difficulty breathing. If you have a clotting disorder or there is a family history of blood clots, please inform Dr. Schleyer and the office.

- No DVT prophylaxis necessary.
- Surgical Support Stockings: Compressive stockings (thigh high for hips, knee high for knees) should be used for two weeks after surgery on the operative leg. These can be purchased over-the-counter at a pharmacy or medical supply store.
- Aspirin: Take one enteric-coated aspirin daily for _____ weeks after surgery. Stop for any gastrointestinal or wound bleeding.
- Lovenox: A prescription for an injectable low molecular-weight heparin for 2 weeks after surgery will be given to you. This should be starting the evening of the first day after surgery

Please resume birth control 1 cycle AFTER surgery.

WHAT IS TO BE EXPECTED:

After knee arthroscopy and surgery, there is a variable amount of pain and swelling, often depending on how much surgery was done. This usually diminishes after several days. It is helpful to keep the leg elevated above your heart and to apply ice regularly.

If you had a LATERAL RELEASE, you may notice a significant amount of swelling in the knee and possibly some bruising. This commonly occurs and may take several weeks to diminish. Please continue to ice the knee regularly and elevate the leg to help diminish the swelling.

WHAT SHOULD BE REPORTED IMMEDIATELY:

Signs and symptoms to report:

- *persistent fever
- *sudden increase in pain or swelling
- *wound redness, drainage, or increased skin temperature around the incision



*increasing numbness

*deep calf pain and/or swelling

*shortness of breath

Who to call:

* If you have any problems please call Dr. Schleyer's office at (978) 927-3040

* You should have a post-op appointment scheduled in 10-14 days. If you do not, call (978) 927-3040 to set this up.