



Center for Orthopedics and Plastic Surgery

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MPFL Reconstruction / Tibial Tubercle Osteotomy / Trochleoplasty Post-Operative Instructions

• PAIN

- Most patients require some narcotic medication after surgery. You will be given a prescription(s) with instructions for its use. *Do not take more than prescribed.* If your pain is not adequately controlled, contact the surgeon on call. Phone numbers are provided.
- **Pain Management Program (PLEASE FOLLOW EXACTLY FOR BEST RESULTS)**
 - **Over-the-counter Acetaminophen (Tylenol): 1000 mg every 8 hours for 5 days**
 - **Over-the-counter Ibuprofen 800 mg every 8 hours for 5 days**
 - **Oxycodone 5mg every 4-6 hours as needed for pain**
 - **Works best if you alternate between Acetaminophen and Ibuprofen every 4 hours making sure not to exceed 3 doses of Acetaminophen in a 24- hour period.**
 - **After 5 days everything can be taken as needed.**
 - **IF you have an allergy then take what you can.**
- If you had a nerve block done by anesthesia, please contact Dr. Kerns with questions. He will provide you with the contact information. When the nerve block wears off, pain can increase so you may notice you will need more oral narcotics at that time.
- Common side effects of the narcotics include nausea, vomiting, drowsiness, constipation, and difficulty urinating. If you experience constipation, use an over-the-counter laxative. Minimize the risk of constipation by staying well hydrated and including fiber in your diet. If you have difficulty urinating, try spending a little time out of bed on the crutches. If it is not possible for you to urinate and you become uncomfortable, it is best if you go to the Emergency Room.
- Contact the office if you have nausea and vomiting. This is usually caused by the anesthesia or narcotics. We will either give you a medication for nausea at time of surgery or we will call it in to a pharmacy if you experience these symptoms.
- Do not drive or make important business decisions while using narcotics.

• WOUND CARE

- You may remove the Operative Dressing 3 days after surgery.
 - If TTO or Trochleoplasty was performed leave dressing on until follow-up appointment. The dressing is waterproof
- **KEEP THE INCISIONS CLEAN AND DRY.**
- Apply Gauze bandage to the wounds as needed. Change daily. Please **DO NOT USE** Bacitracin or other ointments under the bandage.
- An ACE wrap may be used to help control swelling. Do not wrap the ACE too tight. You may be given a stockinette to place over your wound and under the brace – this is to help alleviate sweating under the brace. You will also be given a

compression stockings to help with swelling and decrease risk of blood clot.

- If given compression stockings then they are to be worn 23 hours per day
- There may be a small amount of bleeding and/or fluid leaking at the surgical site. This is normal. The knee is filled with fluid during surgery, sometimes causing leakage for 24-36 hours. You may change or reinforce the bandage as needed.
- Use Ice or the polar care device as often as possible for the first 5 days, then as needed for pain relief. Do not wrap the Ace too thickly or the polar care cold may not penetrate.
 - 20 minutes on and 40 minutes off while awake for the first 5 days
- There will be more swelling on days 1-3 than you had the day of surgery. This is normal. The swelling is decreased by using Ice or the polar care device and compression stockings. The swelling will make it more difficult to bend your knee, but once the swelling goes down, it will become easier to bend your knee.
- You may shower on day 3 after surgery. **DO NOT LET THE WOUND COME IN DIRECT CONTACT WITH THE WATER.** You may gently wash around the incision with a washcloth as well, then gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or lake for at least 4 weeks.
- A low-grade temperature is very common within the first few days of surgery. This can often be treated with getting out of bed in a sitting or standing position, deep breathing and coughing to clear the lungs. If fevers, pain, or swelling continue, please call.

• BRACE AMBULATION

- Elevate the operative leg above the level of your heart as much as possible during the first week. This will help with pain and swelling. Elevate leg with a couple of pillows placed under your ankle/foot (to keep the knee from sitting in a flexed position).
- Your leg will be placed in the hinged knee brace postoperatively. You will need to always wear this brace. It should be locked in full extension (0 degrees) for 4 weeks
- You will only be ambulating with Touch down weight-bearing (TTWB) only unless otherwise instructed. You must use your crutches.
- You will be instructed in putting on and taking off your brace, ambulating, climbing stairs, and other activities of daily life. Please listen to them carefully.
- Other Instructions:
 - Weeks 0-2: 0-60 for PT and home range of motion.
 - Weeks 2-6: 0-90 for PT and home range of motion
 - After week 6: Increase to full range of motion.

• EXERCISES

- The hinged knee brace should be worn at all times for:
 - Walking
 - Sleeping
 - Straight Leg Raises
- Follow the instructions detailed on the physical therapy sheet as explained by your therapist. Pay specific attention to:
 - Towel roll under heel
 - Isometric Quadriceps strengthening
 - Straight Leg Raises (in brace)
 - Active Flexion (bending) / Passive Extension (straightening)

- Goals include:
 - Walking with the knee in extension using crutches as needed
 - Ability to lock and unlock the hinged knee brace
 - Obtaining full extension
 - Range of Motion: 0-90 degrees
 - DO NOT TRY TO ACTIVELY STRAIGHTEN YOUR OPERATED LEG.
 - You will begin formal Physical Therapy within 3-5 days of surgery. You will follow the PT program provided to you in your packet. You will be attending PT approximately 2-3 times per week for 6 -7 months post-operatively.
- **WEIGHT-BEARING:**
 - MPFL Alone: weight-bearing as tolerated
 - MPFL with TTO/Trochleoplasty: Touch Down (25%) weight-bearing for 4 weeks.
 - At physical therapy, you will be coached how to progressively start to bear weight. This is a slow and gradual process and takes about 2 weeks to get back to full weight bearing. The first day, you will take on about 20lbs of your body weight and stay at this weight for 2 days. As long as you do not experience pain, you may increase your weight bearing load by about 20lbs every other day, until full weight bearing status is achieved. Continue to use the crutches for another 2-3 days before discontinuing use. If pain is ever experienced during this process, return to the previous pain-free weight.
- **RANGE OF MOTION:**
 - Active assisted and passive knee flexion and knee extension ROM
 - 0-90° with no forced flexion
 - 0-2 weeks: 0-60° in brace
 - 2-6 weeks: 0-90° in brace
 - After week 6: unlock brace
- **DIET**
 - Begin with clear fluids and light foods (jello, clear broths). Progress to a regular diet as tolerated.
- **DRIVING**
 - If your Right Knee is the operative side, you **MAY NOT DRIVE FOR 6 WEEKS**. It is important to regain adequate Quadriceps control before operating a motor vehicle.
 - If your Left Knee is the operative side and you drive an Automatic Transmission vehicle, you may drive a few days **AFTER** you finish taking your pain medication. It is important that you feel very confident in your ability to respond efficiently before attempting to drive.
- **SUPPLEMENTS THAT ASSIST WITH HEALING**
 - **Vitamin D: 5,000 IUs daily for 12 weeks**
 - **Vitamin C: 3,000-5,000 mg daily for 12 weeks**
 - **Juven HMB: Twice daily for 12 weeks**
 - **Protein Drinks Twice Daily with Essential Amino Acids (reduces muscle atrophy)**
- **CONCERNS/QUESTIONS**
 - If you feel unrelenting pain, notice incision redness, continuous drainage or bleeding from wounds, continued fevers greater than 101 degrees, difficulty

breathing or excessive nausea/vomiting, please call (906) 225-1321 during regular office hours or after 4:00pm or on weekends.

- If you have an emergency that requires immediate attention, proceed to the nearest Emergency Room.

- **FOLLOW UP APPOINTMENTS**

- If you do not already have a follow up appointment scheduled, please call (906) 225-1321 during normal office hours and ask to schedule an appointment. I would like to see you back in 10-14 days post-operatively. However, if there are any post-operative surgical concerns, please call and we will get you in sooner.

- **STUDY PATIENTS**

- We thank you for participating in clinical studies. Our intention is to improve your care and the care of future patients.
- If you have any questions regarding the study, please call the numbers provided on the study documents or you may contact the office numbers provided below.

- **IMPORTANT NUMBERS**

- **Questions**
 - Call (906) 225-132