

ADVANCED

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Patellar Tendon Repair/ Quadriceps Tendon Repair Discharge Instructions

What is the recovery period like?

- Brace
 - o You will wear a long hinged brace on your leg, known as a Bledsoe brace, and use crutches.
You will wear it day and night, locked straight for 6 weeks. After your 6 week post-op visit, your provider will inform you how to unlock the brace and possibly transition into a smaller brace typically around 8-10 weeks.
 - The brace must be worn at all times.
- Weight bearing precautions
 - o Immediately after surgery you will have crutches with the brace locked straight. ***You may put limited weight on the surgical leg until the first post-op visit, day 10-14.
 - o After the first post-op visit, you'll be informed how much weight you can put on the leg. Typically, you can put as much weight on the leg as comfortable in conjunction with crutches.
- Physical Therapy
 - o You will start PT within 2 weeks of surgery. PT order and protocol will be provided to you in your packet on the day of surgery.
 - You will attend physical therapy for about 6 months to achieve full strength and return to full activity.
 - o Prior to beginning, and in addition to formal physical therapy, complete the following exercises at home:
 - Quad sets : 3 sets performed three times a daily.
 - Sit or lie on your back with leg straight. Tighten your quadriceps muscle on the front of the thigh. Hold for 3 seconds, relax. Repeat x 10.
 - Heel pumps: 3 sets preformed three times daily.
 - Sit or lie on your back with leg straight. Bend your foot up and down at your ankle joint, pumping the foot. Complete 10 pumps.
 - o Dedication and attendance to your sessions are critical to your recovery.
- Driving
 - o You may not drive while taking pain medication. In addition, **if it is your right knee that had surgery, you will not be able to drive for approximately 6 weeks after surgery or until the brace is removed.**

INSTRUCTIONS FOR IMMEDIATELY AFTER SURGERY:

- Activity
 - o Apply ice to your knee but keep the bandages dry
 - o Elevate your leg on 2-3 pillows or rolled up towels placed under the **heel** so that the heel is elevated higher than your knee. This will help reduce swelling and achieve full extension of the knee. **Avoid pillows under the knee.**
 - o For the first 6 weeks after surgery, the **most important goal is to maintain the ability to fully straighten the knee.** Bending the knee too early in the process will stretch out the repair and may cause failure.

- Follow the weight bearing precaution guidelines above and on your therapy protocol.
- Start your home exercise program
- Bandage and Incision Care
 - Under your brace is an ace wrap- leave this ace wrap on for the first 2-3 days. You may then remove the ace wrap. You will have a waterproof Aquacel (bandaid like dressing) underneath. You can remove this dressing 1 week after surgery.
 - You will notice that the incision site may have suture buried underneath the skin. Covered over the incision is skin glue, please do not attempt to scrub off while showering.
 - You may re-apply the ace wrap as this helps to decrease swelling.
 - Do not apply creams, ointments, or lotions to your incisions.
- Showering
 - You may shower after you have removed the ace wrap or day 3 after surgery. You should wrap the leg in saranwrap or plastic bag to provide an extra waterproof layer.
 - **Do not get the incision or brace wet**, however, you must wear the brace when standing. You may use a plastic bag to cover the bandaging and brace so that this does not get wet. You should use a shower chair, or if you have a bathtub-shower, you can sit in the tub. If you take a bath, keep the leg out of the bath. The leg should not be submerged.
- Normal sensations after surgery
 - Pain
 - Swelling and warmth up to 2 weeks
 - Small amounts of bloody drainage for first few days
 - Numbness around the incision area
 - Bruising
 - Low grade temperature less than 101.0 for up to a week after surgery.
 - Small amount of redness to the area where the sutures insert in the skin
- **IF ANY OF THE FOLLOWING OCCUR, CONTACT THE OFFICE IMMEDIATELY**
 - Calf pain or ankle swelling in either leg
 - Change is noted to your incision (i.e. increased redness or drainage)
 - Temperature greater than 101.0
 - Fever, chills, nausea, vomiting or diarrhea
 - Sutures become loose or fall out and incision becomes open
 - Drainage becomes yellow, puss like or foul smelling
 - Increased pain unrelieved by medication or measures mentioned above.
- Post-op visit
 - Please ensure that you have a post-op visit scheduled for 10-14 days after surgery.

PAIN MANAGEMENT

- **ORAL PAIN MEDICATIONS**
 - **Tylenol 1000 mg**
 - Start by taking one tablet every 8 hours when you arrive home after surgery, so you have some medication on board when the block wears off. You should take this on a regular schedule for the first 5 days after surgery alternating every 4 hours with the Ibuprofen.
 - **Ibuprofen 800 mg**
 - Take one tablet every 8 hours to help with pain and inflammation. You will take this for 2 weeks.
 - You should take this medication with food

- Oxycodone 5 mg
 - This is a narcotic medication.
 - You may take this medication if the Tylenol and Ibuprofen are not controlling your pain.
 - You may take one to two tablets every 4-6 hours as needed for severe pain (pain level 8-10).

SIDE EFFECTS OF THESE MEDICATIONS INCLUDE DROWSINESS AND CONSTIPATION.
YOU SHOULD NOT DRIVE OR DRINK ALCOHOL WHILE TAKING THESE PAIN MEDICATIONS.

- **OTHER MEDICATIONS**

- Aspirin 325mg (over the counter)
 - This medication is used to prevent blood clots. It should be taken once a day for 6 weeks.
- Zofran 4mg
 - This is a nausea medication that is only taken if you feel nauseous.
 - You may take one tablet every 8 hours as needed.
- Prilosec/Omeprazole (over the counter)
 - This medication is to protect your stomach while you are on the Ibuprofen and aspirin.
- Colace 100mg (over the counter)
 - This medication is for constipation.
 - Take this medication twice daily as needed for post-operative constipation.
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- **ICE MACHINE**

- Recommend using **1 hour on, 1 hour off for the first 2 days after surgery** *while awake*
- Do not place pad directly on skin – make sure there is a barrier such as a t-shirt or towel
- After the first 2 days you may use the ice machine as needed for comfort
- If you did not opt for the ice machine, you may use ice packs on the surgical area for 20-30 minutes every 1-2 hours