

Sean E. Rockett, M.D. Agam A. Shah, M.D. Arthur F. Christiano, M.D. Mark Rose, D.P.M. Ethan M. Healy, M.D. Daniel B. Osuch, M.D. Symeon V. Zannikos, M.D. Mark A. Finno, M.D. Kevin P. Sullivan, M.D. Jason C. Saillant, M.D. Michael L. Sganga, D.P.M. Daren Bergman, D.P.M. David M. Ramsden, M.D.

Nury Flynn, PA-C, ATC Asimina Markopoulos, PA-C Karl Haywood, PA-C Sarah C. Jacoby, PA-C Ryan C. Gulla, PA-C Daniel R. Trainor, PA-C

Post-Operative Care

Knee Patella Tendon and Quadriceps Tendon Repair

Dressing/Wound Care

- Do NOT get the bandage wet.
- Remove the bulky bandages and dressings (**not the white steri-strips**) after:
 - 2 days for Drs. Rockett, Shah, Healy and Osuch
 - 3 days for Dr. Christiano
- If you have white steri-strips on the skin, leave them intact until they fall off on their
- If you have visible sutures or staples, leave them intact. They will be removed by your surgeon in the office.
- You may place band-aids or sterile 4x4 dressings over the wounds.
- You may notice some drainage from the wound, this is normal.
 - If this persists more than five days please call the office as a precaution (this can still be normal).
- If you have **steri-strips** on the incision, you may shower on the 2nd or 3rd day and let the water run over the wound, do not scrub the wound, just blot it dry.
 - No baths, pools, or hot tubs until told.
- If you have **staples** on the incision, keep the wound dry by covering the knee with plastic wrap for showering.
- Some swelling or bruising around the knee or leg is expected and can last up to several weeks.
- Low-grade temperatures up to 101 are common after surgery
 - o please call if temperature rises above 101.4.

Ambulation and Movement

- Crutches will be given to you. Please use these for walking at all times.
- Your knee is in a brace with the knee locked in extension. The brace must remain in a locked and extended position at all times.



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P (617) 527-5040

F (617) 641-2366

Hopkinton



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Post-Operative Care

Knee Patella Tendon and Quadriceps Tendon Repair (continued)

- The brace can be removed for showering only. The brace is to remain on for sleeping.
- You may put as much weight on the leg for walking with crutches as you are comfortable with as long as the brace is on and locked in extension.
- Elevate your knee as much as possible for the first 24-36 hours.
- Use ice for the first 24-36 hours, you may leave ice over the bandage as long as you feel comfortable (recommend at least 20 min/hour).
- Do not place ice or ice pack in direct contact with skin.

Medications: Take as prescribed

- You will have received a prescription for pain medication.
 - o Do not operate machinery or drive while taking this medication.
 - This medication may cause nausea or vomiting.
- You may have been given a prescription for an anti-nausea medication.
 - o Take as directed for any nausea associated with the pain medication.
- For added pain control, begin taking Tylenol 500mg tablets, 1-2 tablets every 6 hours as needed.
- Any severe itching, hives or difficulty breathing, please call immediately.
- Please begin Enteric Coated Aspirin 81mg twice daily for 4 weeks following your operation.

Physical Therapy

• On your first visit after surgery you may be given a prescription for physical therapy.



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Post-Operative Care

Knee Patella Tendon and Quadriceps Tendon Repair (continued)

Return Visit

- If you do not already have a scheduled post-operative visit, please call for an appointment on the next business day.
- The first post-operative visit is usually 7-10 days after day of surgery unless instructed otherwise.
- If you have any problems, do not wait for an appointment, please call the office.



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