POST-OPERATIVE INSTRUCTIONS FOR QUADRICEPS TENDON REPAIR
Mercy Health System: Sports Medicine Service

A. Day of Surgery:

Diet: Begin with liquids and light foods (jello, soup, etc) Progress to your normal diet if you are not nauseated.

Medication:
Strong pain medication has been prescribed. Use as directed. Do not combine with alcohol. Be careful as you walk or climb stairs. It is normal to have pain and swelling in your knee after surgery.

Pain medication may make you constipated.

Below are a few solutions to try in this order:
A. Decrease the amount of pain medication if you aren’t having pain.
B. Drink lots of decaffeinated fluids.
C. Drink prune juice and/or each dried prunes

If the first 3 don’t work start with D and E if they do not work then go to F
D. Take Colace – an over-the-counter stool softner
E. Take Senokot – an over-the-counter laxative
F. Take Miralax – another over-the-counter stronger laxative

If they don’t work call the office.

Ice: For the first 24 hours following surgery, use ice every couple of hours for 20-30 minutes except when you go to bed. This will help reduce the swelling and minimize the pain.

Bandage: Leave the bandage on the knee. Keep dry. The bandage may be slightly bloody or wet from the incision. This is normal.

Brace: Your brace will be applied in the operating room. You must wear the brace, locked, for 4-6 weeks when walking. You must wear the brace locked while sleeping and showering for the first 4-6 weeks as well. You may unlock it for short periods when you are sitting.

Activity: Rest the day of surgery. 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. For the first 1-2 weeks after surgery, the most important goal is to regain the ability to fully straighten the knee. Too much walking will cause the knee to swell and hurt, which will prevent the knee from getting straight. Unless otherwise instructed, you may put as much weight on your leg as is comfortable. When walking, the brace must be worn and locked in full extension. Use the crutches as needed until your physical therapist instructs you otherwise. This may be anywhere from a few days to 1-2 weeks. Do not keep a pillow under your knee!!

Showering: You may shower 72 hours after surgery but Do Not get the sutures wet. Wrap your knee with plastic wrap and secure it with tape around your thigh. Then, place the brace on and cover it using a garbage bag with a hole in the bottom for your foot. Secure it with tape around your ankle and thigh. If your sutures do get wet, pat them dry and re-apply fresh Band-Aids.

Crutches: You may place as much weight as you can tolerate on your operative extremity with crutches. Keep the brace on and locked in extension.

Exercises: Begin ankle pumps only.

B. First and Second Post-Operative Day:

Medication: Continue to take pain medication as needed every 4-6 hours.

Ice: Continue to ice your knee 20-30 minutes at a time for at least 4 times per day for the first few days and then use it 2-3 times a day.

Bandage: Leave bandage on the knee. Keep dry. The bandage may be slightly bloody or wet from the incision. This is normal.

Crutches: You may place as much weight as you can tolerate on your operative extremity with crutches. Keep the brace on and locked in extension.
**Exercises:** Ankle pumps only.

**C. Third Post-Operative Day Until Return Visit:**

**Medication:** Continue to take pain medication as needed every 4-6 hours.

**Ice:** Continue as before.

**Bandage:** Remove the bandages 72 hours after surgery. Underneath will be waterproof bandages which should remain on until your first post operative office visit. If they inadvertently become wet or start to peel off, then remove and cover the incision/sutures with Nexcare waterproof bandages. Your sutures will be removed on your first office visit approximately 7-14 days post operatively.

DO NOT put any ointments or bacitracin on incisions. You may shower on 72 hours after surgery only if the wounds are dry. Place a plastic bag or saran wrap over incisions for showering until sutures are removed. Use a shower chair. If wounds do get wet, gently pat the area dry. DO NOT soak your knee in water or go swimming in a pool or the ocean.

**Crutches:** You may place as much weight as you can tolerate on your operative extremity with crutches. Keep the brace on and locked in extension.

**Exercises:** Continue exercises. May remove brace ONLY when showering, icing, but do not bend the knee. Otherwise, keep brace on (including while sleeping).

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**Appointment:** You should make a follow-up appointment for approx 10-14 days from surgery. Please call the office the following business day after surgery to confirm the appointment.

**Knee Response to Surgery:** Your knee and lower leg/ankle will be swollen. It may take 4 weeks or longer for the swelling to go away. It is also common to notice bruising around the thigh and calf as the swelling resolves. If excessive bleeding occurs, please notify my office.

**Driving:** 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.

**Problems:** NOTIFY OUR OFFICE IMMEDIATELY IF ANY OF THE FOLLOWING SIGNS OR SYMPTOMS OCCUR

a. Calf pain or ankle swelling in either knee
b. Change is noted to your incision (i.e. increased redness or drainage)
c. Temperature greater than 101.0
d. Fever, chills, nausea, vomiting or diarrhea
e. Sutures become loose or fall out and incision becomes open
f. Drainage becomes yellow, puss like or foul smelling
g. Increased pain unrelieved by medication or measures mentioned above.

Signature Physician

Signature RN

Signature Patient

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Michael Angeline, MD