***Post-Operative Instructions***

***Open Quadriceps Tendon Repair/Reconstruction***

**You are recovering from open knee surgery. The following information is to help make your recovery as smooth and rapid as possible.**

* Keep your leg elevated as much as possible for the next few days.
* Keep your dressing on for three days. Do not get it wet. You may shower by wrapping plastic wrap over your dressing. After 3 days, the bandages may be removed and the wounds covered with clean dressings. Keep the wounds dry until your first visit after surgery.
* Post-operative bleeding is not unusual. Reinforce the dressing as needed.   
  If you have concerns about the amount of bleeding, please call.
* An ice bag on your knee may reduce your overall discomfort.
* Remember that the surgery will cause your thigh muscles to be weak, so take your time and be safe. Use your crutches until you are told not to. You may place your foot on the ground for balance.
* You have received an exercise page with pictures and instructions on exercises that you may begin now. There is no limit to the amount of these exercises you may do. Stop any exercise that causes sharp pain.
* Post-operative pain is common but should be controlled by the prescriptions given to you.
* You will be seen in the office within a week for follow-up. Please call our office listed below if you have any questions or concerns.