



WAYPOINT

ORTHOPAEDIC ASSOCIATES

POST-OPERATIVE INSTRUCTIONS

PROCEDURE: QUADRICEPS OR PATELLAR TENDON REPAIR

- Pain Medication: You will be given a prescription for pain medication to be taken after surgery. This should be filled and ready for use when you return home from the surgery. You should not drive, operate heavy machinery or participate in activities that require concentration while taking narcotic pain medications such as Percocet, Oxycodone, Oxycontin, Norco, Vicodin or Tylenol with Codeine. You should take an over the counter stool softener while taking narcotic pain medications to prevent constipation.
- Dressings: Leave the dressing intact until you return for your post-operative visit. Keep dressing dry and clean until sutures are removed at your first post-op visit. If you have been placed in a cast, keep cast clean and dry. If placed in a brace, keep brace on at all times and locked in extension. Do not get the incisions wet until you have been seen by your surgeon and given approval for showering. You will not be able to soak the incisions for a minimum of 4 weeks.
- Brace/Cast: Keep brace or cast on at all times and locked in extension. Do not remove. Do not get cast or brace wet.
- ICE: Apply ice to surgical area in a waterproof bag for 30 minutes each hour you are awake. If casted, ice may not be effective through the cast.
- Activity & Crutches: Use crutches/walker at all times. You can apply weight to your injured leg while it is locked in extension, but you should use crutches or a walker at all times. Do not engage in prolonged periods of standing or walking over the first 7-10 days following surgery. Elevate the operative leg to chest level whenever possible to decrease swelling.
- DVT (blood clot) prevention:
 1. Perform range of motion exercises for right and left ankle to exercise calf muscles. Do ten reps every hour minimum while awake.
 2. You may be placed on an anti-coagulant (blood thinner) such as Lovenox or Coumadin depending on your surgeon's preference. If not, beginning the day of surgery, take one regular (325mg) aspirin daily for 4 weeks unless not recommended for other medical reasons. ***Clear this with your family doctor before starting the aspirin.***
- Post-Operative Appointment: Please make a post-operative appointment to see your surgeon 10-14 days following surgery.

- Prescription Refill Protocol: You **MUST** give your physician **48 hours** notice for any medication refill. Many medications require a written prescription and cannot be called into a pharmacy. Prescriptions **will not** be filled over the weekend.

- When to call your surgeon:
 - Complications after surgery are fortunately very rare. Call the office if you have any of the following symptoms:
 - Persistent fever >101, chills
 - Increasing pain at the surgical site
 - Increased swelling/pain in the calf
 - New onset numbness or tingling
 - Hives or new rashes
 - Shortness of breath or chest pain
 - Persistent nausea/vomiting
 - Drainage from your incision lasting >5 days