

**POSTOPERATIVE INSTRUCTIONS -
PATELLAR TENDON DEBRIDEMENT / REPAIR**

BRACE / MOVEMENT

Please keep the knee brace locked in extension at all times unless otherwise directed by your physician. Wear the brace at all times. Use your crutches with weight bearing as tolerated. Do not go for long walks or stand on your feet for extended periods of time. This will cause swelling and pain.

ICE / ELEVATE

Use ice to help decrease swelling and pain after your surgery. May use at intervals of 20 minutes ON with at least 30 minutes OFF. Do not use ice while you are sleeping. If you received an ice machine, you can use 30 minutes at a time. You should keep the ice machine for approximately two weeks.

In addition, elevate your leg, toes above your nose. This will help reduce swelling.

MEDICATIONS

If you were given a nerve block for anesthesia, it will wear off over 18-24 hours. During this time, you will have little to no feeling in the body part where you had surgery (i.e. leg). If an injection of local anesthesia was injected into your knee, this will wear off in 5-6 hours. Therefore, begin taking the medication (e.g. Norco, Percocet, etc.) immediately when you begin to have pain. This will prevent you from having severe pain. Take the pain medication as needed, every 4-6 hours.

The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This will help cut down the use of narcotic-based pain medication.

DRESSING / BANDAGES

Keep your surgical dressing clean and dry. Do not remove your dressing until your first post-operative visit. You may take a shower with a plastic bag over your leg to keep the dressing clean and dry. Do not take a bath or submerge your knee in water.

DRIVING

You may not drive with your operative leg until advised by physician.

APPOINTMENT

At your first post-operative in 7-10 days, your stitches will be removed if necessary and you will be given a prescription for physical therapy.