



SEAN E. JEREB, MD
ORTHOPEDIC SPORTS MEDICINE SURGEON

POST-OPERATIVE INSTRUCTIONS:

PATELLA SURGERY

MEDICATION

- One of three narcotic pain medications, Norco (hydrocodone), Ultram or Tylenol #3 will be prescribed to you. Take as instructed.
 - Please note, these medications cannot be called into the pharmacy. If a refill is needed, you will need to pick up the paper prescription from one of our offices and bring it to your pharmacy.
- Another medication called Zofran will be prescribed and can be used if experiencing nausea.
- Common side effects of the pain medication are nausea, drowsiness and constipation – to decrease the side effects take the medication with food. An over-the-counter stool softener may be taken to prevent constipation.
- If you are having problems with nausea and vomiting, contact the office to possibly have your medication changed.
- If you have a nerve block, begin taking the pills the night of surgery to prevent a sudden onset of extreme pain. Do not wait until the block completely wears off.
- You may not drive or operate heavy equipment while taking narcotic pain medicine.
- If prescribed Lovenox for risk of blood clots, begin the day AFTER surgery.
- If instructed by the doctor, take one baby aspirin (81 mg) daily for 10 days unless there is a reason not to (already on Lovenox or another blood thinner).
- DO NOT take any medication with Advil or Ibuprofen for six weeks after surgery as this may impair healing.
- Resume all home medications unless otherwise instructed.
- Call the office immediately if you are having an adverse reaction to the medication.

WOUND CARE

- It is normal for the knee to bleed and swell following surgery. If blood soaks onto the bandage do not become alarmed, reinforce with additional dressing.
- Maintain your bandages until 2 days after surgery.
Two days after surgery you may remove the bandages but do not peel off the steri-strips. If comfortable you may reapply the ace wrap for swelling control.
- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a large garbage bag over your leg (with brace) starting the day after surgery. NO immersion of the operative leg (i.e. bath, pool) for a minimum of 2 weeks after surgery.



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CRUTCHES

- Full weight bearing as tolerated on the involved leg, **while wearing brace** (locked out in extension), is allowed unless instructed otherwise after surgery to help with balance and stability.
- Crutches will be needed until physical therapy and Dr. Jereb deems them no longer necessary based on strength in the involved leg and ability to walk with a normal gait (no limp).

BRACE

- The post-operative brace, locked in full extension, is to be worn at all times. After the first post-op visit you may be transitioned to a patella stabilizer brace (Shield's brace) and will be allowed to remove the brace for showering, pending doctor's discretion.

COLD THERAPY

- Ice or cryo-cuff should be used for comfort and swelling constantly for the first 24 hours. **Never apply directly to exposed skin.**
- After the first day, use 15-20 minutes every 2-3 hours.
- Always use after physical therapy to help with swelling and pain.

EXERCISE

- Following the surgery three main goals exist:
 1. Full knee extension
 2. Quadriceps contraction and activation
 3. Control of pain and swelling
- Keep the leg elevated for several days to help with swelling.
- DO NOT put pillows under the knee at any time.
- Depending on your limitations after surgery, several exercises will be beneficial for you at home: quad sets, ankle pumps and straight leg raises will be demonstrated to you and should be done 3-4 times per day.
- To help gain full extension, place a small rolled up towel under your ankle and push the back of your knee to touch the floor by contracting your quadriceps muscle.
- Being up and around after surgery will help diminish the risk of blood clots.
- Formal physical therapy (PT) will begin 7-10 days post-operatively with a prescription provided at your first post-operative visit.



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EMERGENCIES

- Contact Dr. Jereb's office (847-285-4200) if any of the following are present:
 - o Uncontrolled nausea and vomiting, painful swelling or numbness, unrelenting pain, fever $>101.5^{\circ}$ (low grade fevers 1-2 days after surgery are normal), redness or continuous drainage around incisions (a small amount is normal), color change in foot or toes, **calf pain**.
- **If you are having chest pain or difficulty breathing, call 911 or go to the closest emergency room.**

FOLLOW-UP CARE

- Please make your first post-op visit no later than 6-10 days after surgery if not done so already.
- **If you have any questions or concerns, please call the clinical team at 847-285-4317.**