



Post-operative Instructions for Tibial Tubercle Transfer and MPFL Reconstruction

After Surgery:

- Please do not stop and eat a large meal on your way home, it may cause nausea and vomiting. Please start on something like ginger ale or Sprite and crackers.
- Report the following: Excessive bleeding, swelling, drainage, green or yellow drainage, redness around your incisions, a temperature of 101 or higher, difficulty breathing, or excessive nausea/vomiting.
- Nausea is common after surgery. Drink plenty of water to stay hydrated and take pain medicine with food to help with this.
- If you have any of these concerns, or other questions, please call. During the daytime the office phone number is (940)937-3636. After hours, you may call the ED at (940)937-9213.
- Wear TED hose for 4 weeks. You may place one on your operative leg after removing your dressing.

Dressing care:

- You can remove your bandages in 2-3 days and then it is okay to shower as long as your wounds are dry. Please do not soak incisions in water. No standing water such as bath water, lake water, or swimming pools/hot tubs.
 - For the first 2-3 days, you can shower but place a large trash bag over your leg to keep your operative leg dry.
- It is normal for some drainage/bleeding to soak through your bandages during the first few days. Simply reinforce your dressings with additional gauze and tape.
- You may loosen the ace wrap if you have swelling of your foot or ankle.

Medications:

- Please call your physician or pharmacist for any questions about your medications or if for any reason you are unable to take prescribed medications.
- Aspirin 81 mg by mouth twice daily for 6 weeks.
- DO NOT drink alcohol; operate automobile or other heavy machinery while on narcotic pain relievers.
- Narcotic pain relievers are constipating. I recommend regular use of over-the-counter stool softeners such as Surfak or Colace on a daily basis while on pain medication to help reduce this side effect. Please insure you have adequate fluid intake and use a laxative as needed for constipation.
- If you had a block, start taking pain medication 6 hours after surgery to help as your block starts to wear off.



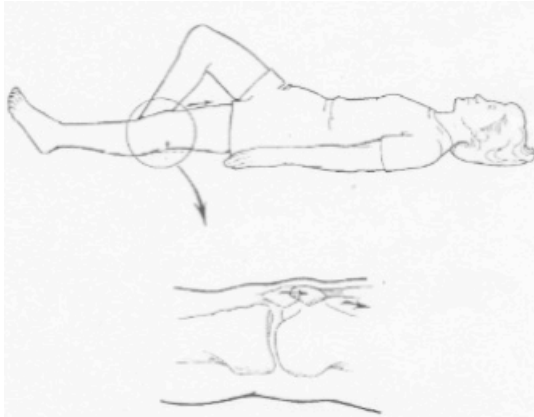
- Over the counter medications such as Ibuprofen or Advil can be taken as well to help avoid some of the fluctuating pain and help reduce overall narcotic requirements. 200-400mg doses of these over the counter medications taken between your pain pills can help. They can cause heartburn. Take these with food or milk, and over the counter indigestion pills can be taken to help with this also.

Activities:

- Use ice packs for 20 minutes every 1-2 hours daily until your first appointment.
- Keep your leg elevated to chest level as much as possible. No strenuous activities until cleared by the physician.
- Do not place pillows under your knee; instead, place pillows under your foot/ankle.
- Use crutches allowing the weight of your leg to rest on the ground, but no more than that. Use crutches to carry the rest of your body weight forward.

Exercise:

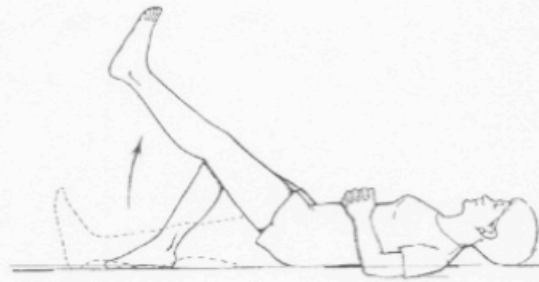
- Stiffness is normal in the early post-op period. Work on range of motion from full extension to 90 degrees four times daily. Braces can be removed for motion while in a non-weight bearing position (sitting or lying down).
- Exercises can be started the day after surgery (3-4 times daily) as below and in the picture on the following page:
 - Isometric quad sets
 - Straighten your knee as straight as possible and clench the muscle on top of your thigh as you try and push your knee toward the bed/floor.
 - Hold the muscle clinched for 5 seconds, than relax.
 - Repeat this exercise 10- 20 times every 30-60 minutes. You should try to do at least 100 contractions per day to keep the tone and strength in the muscle.
 - Straight leg raises
 - You again tighten the muscle on top of your thigh by pushing your knee toward the floor, then lift your leg about 6 inches off the bed/floor for 5 seconds, than relax it and put it back down on the bed/floor again. Do this with your brace locked in extension
 - Perform ankle pumps (like pushing the gas pedal of your car) continuously throughout the day to reduce the possibility of a blood clot.



Exercise 1 of 4

QUAD SETS/EXTENSION

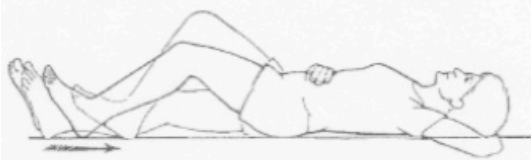
1. Sit or lie on your back with _____ leg straight
2. Press the back of your _____ knee downward
3. This will tighten the muscle on top of your thigh and move your kneecap as shown
4. Hold _____ seconds
5. 10 repetitions every hour



Exercise 2 of 4

STRAIGHT LEG RAISE

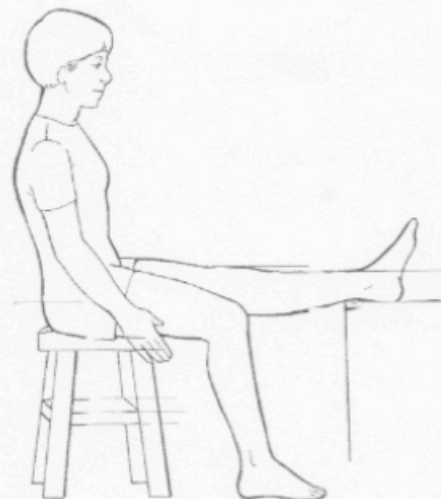
1. Lie on back with _____ knee straight and the other knee bent as shown
2. Keep the leg completely straight, then raise it _____ inches
3. Hold _____ seconds and slowly lower
4. 10 repetitions every hour



Exercise 3 of 4

KNEE FLEXION

1. Lie on bed or table as shown
2. Slide your _____ heel up toward your buttocks bending your knee until you feel a stretch
3. Hold _____ seconds
4. 10 repetitions every hour



Exercise 4 of 4

KNEE EXTENSION

1. Sit with _____ leg propped as shown
2. Relax, letting the leg straighten
3. Work up to holding for 10 minutes each hour