Sacramento Orthopedic Sports & Shoulder

Greg Takenishi, MD, FAAOS

2801 K St, Ste 330; Sacramento, CA 95816

Office: 916-732-3005 Fax: 916-732-3023

www.sacorthosports.com

POSTOPERATIVE INSTRUCTIONS
MPFL Reconstruction

First 10 days:
Activity:

1. Elevate your knee and leg above your heart as much as possible, especially the first few days to minimize swelling. Avoid pillows under the knee. Place pillows under the calf or ankle.
2. Ice the knee at least 4 times per day (try breakfast, lunch, dinner, bedtime) for 20 minutes each time. Alternatively, use an ice machine such as a Cryo-Cuff as directed.
3. You may walk using crutches and be touchdown weight bearing on operated leg for 2 weeks. After 2 weeks, can progress to partial weight-bearing for 4 weeks. Always walk with the knee brace locked in full extension at all times.
4. You can remove the dressings on postop day 3, and then shower and get the incisions wet.
5. If you have a TED hose stocking on and experience numbness, tingling, pain in your foot or toes, you can roll down your TED hose stocking. Do not remove the TED hose stocking completely - it is there to control swelling. You DO NOT have to wear on opposite leg
6. Sleep with the brace locked in extension at nighttime for 6 weeks.

Medications:

1. Resume all your regular medicines as prescribed.
2. Drink plenty of water.
3. Take the pain medications as prescribed and as needed for pain. Please wean off of using the narcotics.
4. Do not take any anti-inflammatories for 6 weeks (Ibuprofen, motrin, aleve) as this slows the bone healing.

Wound Care:

1. Please keep dressings clean dry and intact for the next three days. On postop day three after surgery, you may remove the TED hose stocking and dressings on your knee. Do not remove the tapes on your knee called Steri-Strips. You may shower and get your knee wet. However, do not soak your wounds, no baths, no pools, no spas. After showering, please dry your wound and replace the TED hose stocking. If there is any using from your wound, please place some dry dressings over the incision site.
2. Expect some bloody drainage on your surgical dressing. This is normal. You may change the gauze under the TED Hose stocking if necessary, then re-wrap your knee.

Early Rehabilitation Exercises:

Dedicate 30 minutes 3 times per day to the following exercises:

1. Quad sets - Contract quads for 30 secions then relax. Start with 10 reps, then 20 reps, etc.
2. Straight leg raises in the brace.
3. Towel Roll - Place a rolled towel about 3 inches thick under your ankle. Allow knee to fully extend and contract leg muscles to straighten the knee.

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Call my office at 916-732-3005 or 916-732-3000 (during the day) or the advice nurse after hours for the following:

1. Increasing pain or pain not controlled by ice or medications prescribed.
2. Large amounts of bloody drainage.
3. Foul smelling drainage from the surgical site.
4. Swelling.
5. Rash.
6. Fever (over 101F) or chills.
7. Increasing redness/warmth/hardness around wounds.
8. Inability to eat or urinate.
9. Persistent numbness and/or tingling not present before surgery, or by loosening the ACE bandage.
10. Cold or blue toes.
11. Any other signs that concern you.

Follow Up Appointment Information:
Call to schedule follow up appointment for 10-12 days, 916-732-3005. You will require xrays before each follow up appointment, so please allow extra time to obtain them on the day of your appointment.

Physical therapy appointment: start immediately

Questions and Concerns:
Please call our office at 916 732-3005 for any questions or concerns. You may also contact our office via the Klara texting application. We may not be able to answer your text immediately due to working with other patients. Please also use this text the application during normal business hours. If you text our office after hours or on the weekends, we may be able to answer your questions but if any urgent matters, please contact the office and speak with the on-call surgeon at 916-732-3000.

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