



Patellar Stabilization: MPFL Reconstruction
Post Operative Care Instructions
Dr. Tarlow – Advanced Knee Care, PC

You will go home the day of surgery with an ace wrap/Post Op Hinged Brace on your knee. If you experience nausea/vomiting for more than 24 hours after surgery it is likely due to the pain reliever. We like to help you during working hours so ***please phone during business hours for prescription refills/changes***. We like to have fun when not at work so ***expect a return call for refill/change requests made after hours/weekends/holidays on the next business day***.

If you experience the following symptoms call our office (480-483-0393) or present to your closest Emergency Room as soon as possible . These may be signs of infection or deep venous thrombosis.

- Severe knee pain with fever greater than 102 F.
- Diminishing knee motion with progressive severe knee pain.
- Calf or thigh pain that is constant and does not go away with elevation/rest.
- Trouble/pain with breathing or chest pain/shortness of breath-best to phone 911.

Office Phone/Answering Service: 480-483-0393

Rachael 480-440-6557 or Mishelle 480-440-6532 during office hours

Website: www.tarlowknee.com

E-mail: for Dr. Tarlow : doctlow@gmail.com

Activities: Limited for 72 hours after surgery, be sure to rest. Do not drive, operate machinery or power tools, drink alcohol or make important decisions or sign legal documents due to surgery and general anesthesia. Elevate foot and leg for 72 hours. Flex foot and ankle to decrease swelling.

Shower: Remove dressings (leave Clear OpSite and tan colored JumpStart for 3-7 days), wash knee and reapply ace 48 hours after surgery. Use of ace wrap after 2 days is optional.

Follow-up appointment: Usually scheduled for 7-10 days after surgery. Call our office (480-483-0393) if you are unsure of your appointment time.

Crutches: Partial weight bearing (1/4 to 1/2 body weight) for 7-10 days. Stop crutches after minimum of 7 days when able to walk comfortably and you have good leg muscle control.

Brace: Post Op hinged brace will be used - Placed on knee in Surgery. Lock straight for 2days, then open hinges 0-90 (click off lock on each hinge) and use brace until leg strong -typically 7-10 days. Remove while sleeping after 2nd night.

Exercises: Standing SLR in Brace (straight leg raises) and knee range of motion (ROM) 25 reps twice daily beginning immediately postop. Start exercise bike on 7 days post op for 15-30 minutes. May just be able to rock forward and back with seat high initially. Return to normal activities expected 3-4 months.

Ice: Knee swelling and pain is expected and is diminished with Ice to the knee/lower leg for 20 minutes four-six times daily for up to 3 weeks.

Swelling and bleeding: Some bleeding through dressing in first 48 hours may occur. Swelling is normal. Lower leg/foot/ankle may turn greenish/yellow with black stripes around ankle from the blood traveling under skin and down leg 3-14 days after surgery. Lower leg throbbing on standing also can occur. This is normal.

Physical therapy: You have the option of attending formal PT (office will direct you to trusted professional) or directing your own recovery with home and gym workouts. Physical therapy usually begins after 7-10 days post op when you can comfortably travel out of the house and continues for 2 months.

Driving: May drive 3-10 days following surgery as long as narcotic pain relievers are not being used. Common sense dictates safe return to driving.

Off Work: Usually 3-7 days if desk type work, 1-2 months for construction type work.