



POSTOPERATIVE INSTRUCTIONS MEDIAL PATELLAFEMORAL LIGAMENT RECONSTRUCTION

❖ MOVEMENT

- You can weight bear and walk much as tolerated after your surgery **in your brace**. Your brace will be locked with your leg straight for the first 2 weeks after surgery. Use your crutches during this time so you will not fall. Do not go for long walks or stand on your feet for extended periods of time. This will cause swelling and pain in your knee. Your brace will be adjusted after your first post operative appointment.

❖ ICE

- An ice machine will be provided to you prior to your surgery. This will help decrease swelling and pain after your surgery. Use the ice machine as much as possible when you get home at intervals of 30 minutes on and off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping.
- In addition to icing your knee, elevate your knee so your toes are above your nose. This elevates your knee above your heart and 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). Please be careful and use your brace and crutches during this time to avoid any falls after your surgery. Also, an injection of local anesthesia was injected into your knee after the completion of the operation. This medication will wear off in 5 to 6 hours. To control your pain during this transition while the nerve block is wearing off, you are to eat first and then begin taking the **pain medication** (e.g. Vicodin, Percocet, etc) immediately when you get home from surgery. This will prevent you from having severe pain. Take the pain medication every 4 hours until you go to bed.
- The day after surgery you can take 600 mg of Ibuprofen (Advil/Motrin) every 6 hours to help with inflammation and pain. This medication will help cut down the use of narcotic-based pain medication. However, if you still have pain after taking the Ibuprofen, continue taking the pain medication every 4-6 hours as needed.
- A **sleeping medication** (e.g. Ambien) is also provided to help you sleep at night. Take one tablet 30 minutes before you plan to sleep.

❖ DRESSING/BANDAGES

- Keep the ACE wrap clean and dry. You may shower the next day after surgery with a plastic bag over your knee.
- Keep your incisions covered with the ACE wrap until your incisions are checked at your first post-op visit.

❖ DRIVING

- You may drive 7-10 days after surgery if you are not taking pain medication. If your right leg is the operative side, then you will not be able to drive until your brace is adjusted and allows you to bend your knee. This will be decided at your first post operative appointment.



❖ APPOINTMENT

- Please call the office prior to, or immediately following, your surgery in order to schedule a postoperative appointment. This should be scheduled 7-10 days after surgery. At that visit your stitches will be removed and you will be given a prescription for physical therapy.

If you have any questions or concerns, please contact our office at (310) 860-3048.