

## Postop Instructions: Knee Patellar Tendon/Osgood-Schlatter Repair

### When You Get Home:

- Rest for the remainder of the day.
- Be Safe- stay in the care of responsible adult the first 24 hours.
- Elevate the leg on 1 or 2 pillows for the first 2 days.
- Use Ice as much as possible: Use a towel or cloth between you and the Ice.
  - 20 minutes on/20 minutes off for regular ice packs/frozen peas
  - If you are using a Cold Therapy unit, use it according to the manufacturer's instructions.

### Pain Medication:

- Take your pain medication- it's better to stay ahead of the pain.
- Oral Narcotic pain medicines (Vicodin/Hydrocodone, Percocet, Tramadol, Codeine) help with pain, but can cause:
  - Drowsiness: Be Safe, don't drive, operative machinery, don't mix it with alcohol.
  - Stomach upset: Take with food, or try over the counter Zantac or Tums.
  - Constipation: Drink enough fluids, use fiber supplements (Metamucil, Senokot)
    - Take Prune juice or Milk of Magnesia if still constipated after 2 days
- You may take anti-inflammatory medication to help with pain and swelling.
  - Some patients are prescribed Toradol (Ketorolac): take every 6 hours for 4 days.
    - Ok to take with Pain Medications, not with other anti-inflammatories
  - After 4 days of Toradol, you can take other anti-inflammatory medicines like:
    - Ibuprofen (Advil, Motrin), Naproxen (Aleve), Lodine, Mobic, Celebrex
  - Go easy on the anti-inflammatory medications if you have stomach problems.

### Activities and Restrictions:

- You **HAVE TO** wear the knee brace and use crutches for 4 weeks.
  - The knee has to keep straight for 4 weeks to allow the repaired tendon to heal.
  - You may remove the brace only if your knee is completely straight and resting on the couch or bed.
- No weightbearing on the leg for 4 weeks.
  - You may rest the weight of the foot on the ground if you are standing.
- You may get up to the bathroom or kitchen, but avoid being up too long (causes swelling).
  - Wait for several weeks before being up for hours at a time.
- Driving: Only after you are **SAFE**, which means:
  - Off pain medications.
  - Able to control a vehicle safely- get foot from gas to brake and press hard.
    - This usually takes about 1-2 weeks, sometimes longer- Use good judgment.

### Dressing and Wound Care:

- Keep the surgical dressing on for 2 days.
  - Then you may unstrap the brace, remove the dressing, and take a shower.
    - Try sitting in a plastic chair in your shower, keeping the knee straight.
    - It's okay for the incisions to get wet, just gently dab them dry.
    - Then put new gauze dressings or square band-aids over the incisions.
    - Then strap your brace back on.
  - Keep using the white stocking until your first postoperative visit at one week.
- No bath/pool/hot tub (putting the knee underwater) for 2 weeks.

### Exercises: Begin gentle exercises:

- Tighten and release your thigh and calf muscles (called Isometric exercises).
- You can gently move your hip and ankle to keep them flexible.

### Problems or Questions? Call us at 925.600.7020

- Feel free to call us if you have any concerns, or if you have any:
  - Unrelenting pain, or increasing swelling or numbness, or high fever (above 101.5)
  - Continuous drainage or bleeding that is soaking your dressing
  - Chest pain, shortness of breath