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LAOSS

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POSTOPERATIVE INSTRUCTIONS - MPFL RECONSTRUCTION/REPAIR

BRACE/MOVEMENT

It is safe to put weight on your surgical limb if you are in the brace. Keep the brace locked in extension while ambulating for the first 6 weeks postoperatively. Do not go for long walks or stand on your feet for extended periods of time, this can potentially cause increased swelling and pain. You will be provided with a Continuous Passive Motion (CPM) machine to utilize at home. This is to try and prevent adhesions and/or stiffness. Do not bend your knee past 20 degrees on the CPM machine until you have had your first post op visit (7-10 days post op)

ICE

An ice machine will be provided to you for after 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 20 minutes on and 20 minutes off. You should keep the ice machine for approximately two weeks. Do not use the ice machine while you are sleeping. If you did not receive an ice machine – you should use ice packs over the surgical site regularly throughout the day. In addition to icing your knee, elevate your knee so that 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 last approximately 18-24 hours. During this time, you will have little to no feeling in your lower extremity. 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** (Percocet, Norco). The pain medication can be taken 1-2 pills every 4-6 hours. You can supplement your pain medication with an anti-inflammatory (e.g. Advil, Aleve, etc.) – this will help you wean from the narcotic pain medication. Pain medication can cause constipation, you may take miralax once a day over the counter. You may also take Colace 100mg 1-2x/day.

Please take 81mg of Aspirin daily for the first two weeks after surgery, this reduces the risk of sustaining a DVT (blood clot).

A sleeping medication (e.g. Ambien or Benadryl) is also provided to help you sleep at night. Take one tablet 15-30 minutes before you plan to sleep.

DRESSING/BANDAGES

Keep your surgical dressing clean and dry. Do not remove your dressing until your first post-operative visit.

You may take a shower with a plastic bag over your brace to keep the dressing clean and dry.

Do not take a bath or submerge your knee in water until your incisions are checked at your first post-operative visit.

TEMPERATURE

It is normal to have an elevated temperature during the first 2-3 days post-operatively. Please call our office if your temperature is above 101°F, if there is increased redness around the incision sites, or if there is increased drainage from the incision sites.

APPOINTMENT

It is likely that our practice coordinator has already scheduled a post-operative visit for you. This should occur 7-10 days after surgery. At that visit your sutures will be removed, and you will be given a prescription for physical therapy.

If you need anything, the easiest way to us is to call 818-703-3333 or utilize the “Contact Us” tab on laorthos.com.

