



Vipul Dua M.D., LLC  
www.drVIPULduaorthopedics.com

## QUADRICEP/PATELLA TENDON REPAIR

Following your tendon repair surgery, you will be discharged home the same day.

### Activity

You can bear full weight on the operative extremity immediately following your procedure. The knee immobilizer brace must remain in place until your follow up appointment. Do not bend your knee! You will need crutches to help you ambulate. Walking is encouraged in addition to performing ankle pump exercises. Strict elevation of the lower extremity above the level of the heart, in addition to frequent application of ice, is advised for the first 48 hours.

### Dressing

A large dressing will remain on the operative extremity until you return to the office for your follow-up appointment. Your incision will be closed with sutures under the skin or staples if necessary. If the incision is able to be closed with sutures there will be steri-strips over your incision. **Do not** remove the steri-strips. Allow these strips to fall off on their own. You may shower and get the incision wet if it is healing appropriately and without drainage at your follow-up appointment. Do not soak/submerge the incision in water until we give you clearance to do so. Avoid bending the knee and be sure to put the brace on immediately following bathing. Avoid using creams, lotions, and other topical products on the incision until it is completely healed.

### Deep Vein Thrombosis Prevention

Walking as tolerated is encouraged. When you are not ambulating, it is beneficial to perform ankle pump exercises frequently. Swelling in the operative leg is expected so be sure to strictly elevate the leg above the level of the heart for the first 48 hours.

### Driving

You may begin driving as soon as you can sit comfortably in the car and are able to control the gas/break pedals without difficulty. Do not take narcotic pain medication prior to driving!

### Work

Timing for returning to work will depend on the field of work you're in. Most people are able to return to work the week after the procedure. Everyone recovers differently so we will determine appropriate return to work dates for your situation.

### Pain Management

You will be provided with pain medication prescriptions at your pre-op appointment. It is important that you stay on top of your pain and take the medications as directed. If you need a refill of your pain medications call the office ahead of time. Please allow us 24-48 hours to complete your request. Prescriptions will only be filled during normal business hours. Narcotics cannot be called into the pharmacy so you will need to pick up a prescription at the office.



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Please call the office immediately if you develop any of the following worrisome symptoms: High spiking fevers >101 degrees Fahrenheit, chest pain, shortness of breath, severe uncontrolled pain, calf swelling/tenderness, spreading redness around incision, drainage from incision, or inability to move extremity. If you experience these symptoms outside of normal business hours, the office will connect you to the physician on call.