



Justin Mark LaReau, MD
Hinsdale Orthopaedics Associates

PATELLAR TENDON REPAIR POST OPERATIVE INSTRUCTIONS

1. **WOUND:** You may shower on post-op day #5 if the incisions are dry and cover the incision while doing so. Gently pat the area dry after showering.
 - a. You may change your dressing on post op day 3 and daily thereafter (brown Mepalex dressing can be left on for 3-5 days if dry). Leave steri strips that are directly on the incision (if you have them) until they fall off on their own.
 - b. You may see clear-bloody drainage from the incision sites. This is normal. **HOWEVER, IF the incision is draining bright red blood or yellow, pus like fluid, or the amount of drainage starts to increase, notify the office immediately.**

2. **ICE:** You may use ice over the incision to decrease swelling and relieve pain, 3x/day for 20 minutes.

3. **ACTIVITY:** Keep your leg elevated with a pillow under your calf, NOT under the knee
Exercises to be performed 2-3 times per day
----- Foot pumps: foot up and down 30 repetitions, 5x per day
----- **BRACE: ***ONLY** weight bearing with the knee locked and brace locked in Extension, any contraction or use of the quadriceps may compromise your results. ***

4. **POST OPERATIVE MEDICATION:**
 - a. **Pain Management:** will be prescribed by our office unless you see a pain management specialist or was seen by them in the hospital in which case you will continue with medication prescribed by them
 - b. **Anticoagulation:** as prescribed to you for 6 weeks post operatively to prevent blood clots

5. **DRIVING:** With surgery on your Left leg it is permitted **ONLY** once you have stopped taking narcotic pain medication and feel you can drive safely.
With surgery on your Right leg no driving for six weeks and **ONLY** if you stopped taking pain medication as well.

6. **POST OPERATIVE VISIT:** Please call the office to schedule a follow-up appointment for 2-3 weeks post operatively, if you do not already have an appointment scheduled.

1. **NOTIFY Dr. LaReau's Office IMMEDIATELY if:**
 - a. You develop a Fever (>101 degrees)
 - b. Redness over or around the incision or drainage from the incision site
 - c. Unusual/sudden/persistent pain in your calf, knee, thigh, hip or chest
 - d. Numbness or tingling in your foot or redness of the calf
 - e. Uncontrolled and progressive worsening pain

If you have any questions, please feel free to call our office.



1010 EXECUTIVE COURT, SUITE 250
WESTMONT, IL 60559
630.920.2350

DR. LAREAU'S TEAM:
MAGDALENA MALINOWSKA PA-C
GRETCHEN NERISON
DENICE RYLE