

RUSSELL M. LAFRANCE MD

Orthopedic Surgeon & Sports Medicine

ACTIVITY:

- Use crutches until you are seen in physical therapy, they will guide on how to wean off of the crutches.
- Wiggle your toes of affected limb, squeeze/fire your quadriceps muscle, and pump your foot/ankle up and down whenever you think about it. The more, the better (pain guided).
- You can unlock your brace tomorrow morning and begin to flex (to 30 degrees) and extend your knee. Lock your brace while walking and at night until you are seen by Dr. LaFrance

DIET:

- Start with liquids and advance your diet as tolerated.

Medication:

- Take the prescription pain medicine (OxyContin//Percocet) as prescribed. DO NOT take Tylenol in addition to this.
- Use the Mobic as prescribed until it is gone, do not take ibuprofen, motrin, Aleve, or other anti-inflammatory medications while you are taking the Mobic
- If you are taking prescription pain medication, you should not drive, operate machine/power tools, or drink any alcoholic beverages.

DRESSING:

- Keep your dressing clean and dry and do not remove this until you are seen in physical therapy.
- No showering until seen by physical therapy, you may sponge bathe. They will instruct you on showering once your incision is healed.
- Continue to wear the TED stockings until you are seen in follow-up
- Use ice over the front of your knee for 20 minutes intervals (no longer) for 3-4 times per day during the first week after your surgery. Be sure to use ice after physical therapy.

SPECIAL INSTRUCTIONS:

- Once you are off pain medications, you may drive if your LEFT knee was

MPFL Reconstruction – Patient Information

operated on.

YOU SHOULD CALL YOUR DOCTOR FOR ANY OF THE FOLLOWING:

- Fever greater than 101.5° F
- Redness, warmth in the leg, knee, or calf
- Foul smelling drainage from the incision
- Pain uncontrolled with pain medication as prescribed by your doctor
- Persistent nausea or vomiting into the next day
- Increased swelling of your toes or severe tightness of bandage

FOLLOW-UP CARE:

- Your postoperative appointment 2 weeks after surgery will have been made for you when surgery was set up.