

Patellar Tendon Reconstruction
POST OPERATIVE INSTRUCTIONS
Michael F Shepard M.D.
(714) 634-4567

1. First Post – Operative Day

- A. Continue ice pack every one to two hours while awake.**
- B. Pain medication as needed.**

DO NOT place ICE directly to the skin – this will result in a burn and potentially serious wound complications. Always keep a pad between the ice and the skin.

2. Second Post – Operative Day Until Return Visit

- A. Continue ice pack as needed.**
- B. You may remove your bandage from the surgical area and shower this evening. You will need to keep your op site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower. Do not remove steri strips because these keep the incision closed and stitches in place.**
- C. You may place weight on your operated extremity to comfort. Use your crutches for movement and balance. You will walk with the brace locked in extension for about 4 weeks.**
- D. You must wear your brace at all times.**

3. Suture Removal

- A. Your sutures need to be removed 7-14 days from surgery at your first post op visit. Rehab should start after your first visit.**

For Return Appointments

- 4. Your 1st post-op visit will need to be scheduled for 7 days after surgery.**
- 5. If you have any problems or questions please call our office at (714) 634-4567 during offices hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Shepard.**
- 6. Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.**