

Post-Operative Instructions
Quad Tendon Repair

1. Remove the bandage on post-op day #2.
2. Apply Band-Aids to the wounds. Please do not use bacitracin or other ointments under the bandage. Use ice machine as instructed, or use ice 30 minutes at a time at least 4 times per day. An ace wrap may be used to help control swelling. Do not wrap the ace too thickly or the ice will not penetrate.
3. You may shower on post-op day #5 if the incisions are dry. Gently pat the area dry after showering.
Do not soak the knee in water or go swimming in the pool or ocean until your wounds are healed.
4. Keep your leg elevated with a pillow under your calf, NOT under the knee.
5. Exercises to be performed 2-3 times daily:
 - * Foot Pumps: for up and down 30 repetitions, 5x per day
 - * ONLY 20 lbs OF WEIGHT BEARING AND ONLY WITH THE KNEE LOCKED AND BRACE LOCKED IN EXTENSION.Any contraction or use of the quadriceps may compromise your results
6. Please call the office to schedule a follow-up appointment for 14 days post-operatively.
7. If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.
8. Continue EC ASA for one month post operatively.
10. Discontinue pain medication when able.

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