

### **1. Dressing:**

Change your dressing two days after surgery, then as needed. Some light bleeding is normal. Showering is permitted 2 days after surgery & the incision may be washed with soap & water, but no submerging or bathing is allowed until 2 weeks. Keep a clean dressing on the incision until your follow-up appointment.

### **2. Medication:**

You will be given a painkiller \_\_\_\_\_ to be taken 1-2 pills every 4-6 hours as needed. Do not drink or drive while on pain medication. Do not take additional Tylenol based pain medications while on this medication.

You may also be given an anti-inflammatory medication \_\_\_\_\_ to be taken following surgery.

Take an aspirin (325 mg) once a day to help lower the risk of blood clots. If you develop any calf or thigh pain, increased swelling, chest pain or shortness of breath, call the office immediately or go to the ER as these are symptoms of a deep venous thrombosis (blood clot) in the leg.

### **3. Activity:**

You may place full weight on the knee in complete extension. The brace is to be worn at all times. Depending on the quality of the repair, you may be allowed early knee flexion in the brace. The brace may be removed to shower but be careful not to flex the knee as this could result in failure of the repair. Progressive range of motion will then be allowed in the brace and therapy will be started for strengthening and range of motion exercises once the tendon has healed. Complete recovery usually takes 3-6 months.

### **4. General Instructions:**

Apply ice to the knee (20min on /off), and elevate to reduce swelling. It is normal for swelling in the knee to persist for several months following surgery.

If you notice any signs of infection such as increased pain, redness, swelling or fever  $>100.5^{\circ}$  F, call the office immediately.

### **5. Follow-up appointments**

Call the office at (616) 949-8945 to schedule an appointment for 10-14 days after surgery.

### **6. Other Instructions:**

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*If you have any problems or concerns following surgery, please call our office at (616) 949-8945.*