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LIFE IN FULL MOTION

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DATE:

## **Dr. Lowry's Post-Op Instructions** **LEFT/RIGHT Quad/Patellar Tendon Repair**

1. Keep your foot elevated at or, preferably, above heart level with the brace on. This will dramatically help to decrease the expected swelling in your leg/ankle/foot. Remember: you can't elevate your foot too much & gravity is your enemy.
2. To decrease the risk of a blood clot, you will be given compression stockings & prescribed a daily aspirin; both are to be used for three weeks.
3. Dressings: keep a sterile, island dressing over all incisions for at least 2 weeks. Your first dressing change should be no sooner than 48hrs after your surgery. Apply a thin layer of bacitracin or neosporin antibiotic ointment over the incision with each dressing change. Your nurse will educate you on proper dressing management.
4. You will also have a "cryo cuff" of "polar care" placed over your dressings. This is a device that circulates cold water around the knee to keep down the initial swelling after surgery. Your nurse will instruct you & your family on how to properly use it. IF you are not given one of these devices, then simply apply two properly sealed ice packs to your knee for 72 hours after your surgery.
5. Please keep the compressive ace wrap and/or compression stockings on your leg. This will dramatically decrease the swelling and risk of blood clots after surgery.
6. Bending your left knee too soon (before the fracture heals) is the worst thing that could happen. So, you must ALWAYS be in your knee brace, except for personal hygiene situations. Progress as your pain dictates with walking, using crutches. You will not hurt the repair by walking on your leg, just as long as you have your brace on.
7. A formal Physical Therapy program that will start AFTER your first clinic visit with me.
8. Please make an appointment within 14 days after you surgery. We will change your dressings at that time. Also, at that visit, we will modify your brace or change your brace to one with hinges on it.

If you have any other questions or concerns please call my clinic.

Sincerely,

Dr. Jason K. Lowry, MD FAAOS, 1