



## DELAWARE ORTHOPAEDIC SPECIALISTS

### Discharge Instructions

Patella Fracture/ Quad Tendon Repair / Patella Tendon Repair

- Diet:** Start out with liquids and progress to your regular diet as you tolerate.
- Activity:** Weight-bearing as tolerated with knee immobilizer in place to injured leg.  
DO NOT BEND THE KNEE. Use knee immobilizer at all times, except for bathing.
- Pain:** Take the prescription pain medication as needed, you only get one script. Please contact the office at 302 655-9494 if your pain is uncontrolled. Unless you have liver disease, supplement with Tylenol (max 1000mg every 6 hours). Unless you have peptic or renal disease you may also use Ibuprofen.
- Ice:** Ice is an excellent source for pain relief, swelling and inflammation. Use it as often as 20 minutes out of every hour. It can be used for several weeks as needed.
- Follow-up:** Call the office at 302 655-9494, x1141 to schedule a follow up appointment for 2 weeks after surgery. Follow up occurs (typically) at 2 weeks, 2 months, 4 months and 6 months after surgery.
- Emergency:** We are available 24 hours a day in case you experience any problems once you leave the hospital. Please call (302) 655-9494 for assistance.
- Incision:** Your incision is closed with staples or sutures. These will be removed at the 2 week follow up.
- Dressing:** Until dressing is removed, keep clean and dry. May remove dressings 3 days after surgery. Remove immobilizer to do this. Once dressing is removed, you may also remove immobilizer and shower with surgical site uncovered and replace a new clean dressing on the surgical site as needed. FOR FIRST 2 WEEKS, DO NOT BEND KNEE AND PLACE KNEE IMMOBILIZER BACK ON.
- DVT:** Take medication in attempt to prevent blood clots as recommended (Usually Lovenox or Xarelto) until completed. If you were not prescribed a medication for blood clots take Aspirin 325 mg 2 times per day until your first follow up appointment.