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Post-Operative Instructions – Quadricep Tendon Repair

1. Leave dressing/ACE/TED hose in place until you return to clinic.
2. **LEAVE YOUR HINGED KNEE BRACE ON AT ALL TIMES. You are not permitted to bend the knee until released to do so by Dr. Chin.** You may put full weight on the leg with it fully extended (peg-leg walk). Use crutches to minimize discomfort.
3. It is normal to have swelling and discomfort in the knee for several days to weeks after your surgery.
4. You may resume work when you are able. Returning to work depends on the type of work you do and the procedure that was done for your knee.
5. **Begin anticoagulation regimen:** Aspirin 325 mg once per day x 4 weeks. If you have any difficulty using blood thinners or have bleeding in your stool, please alert us.
6. **Begin anti-inflammatory regimen:** EC-naprosyn 500 mg twice per day for 4 weeks.
7. Begin ankle pumps on the day of surgery to improve blood flow in the leg.
8. Constipation can occur with pain medication. Take an over-the-counter laxative such as colace or senna as needed.
9. Try to decrease pain medications as tolerated.
10. Use the cold packs or ice on the knee. This should be used for 20-30 minutes at a time to the knee for the first week after surgery.
11. Call Dr. Chin's office for any worsening pain, redness, drainage, or fever could indicate infection and you should contact Dr. Chin or the office.
12. Driving: If surgery was on your right knee, driving is not permitted until you are released to bend the knee by Dr. Chin.

If you have any concerns, please call Dr. Chin or our office at 832-698-0111.