



## **MPFL Reconstruction & Medial Column Repair: Post-Operative Instructions**

- 1) **Review** the operative findings, procedures and photos.
- 2) Make sure **medications** are effective and not causing problems.
  - a) **Toradol (Ketorolac)** for pain and inflammation. You may take one tablet every 8 hours. This medication should be taken **ONLY** for the first two days. If you have had any problems, allergies, or stomach intolerance stop taking these medicines and please tell us!
  - b) **Keflex (Cephalexin)** is an antibiotic to be taken as a prophylactic or preventative medicine once every 8 hours for 3 days. If you have a penicillin allergy this will be replaced by another type of antibiotic.
  - c) **Ultracet (tramadol/acetaminophen)** is a pain medication that contains acetaminophen or Tylenol. You should not combine Ultracet with Tylenol to prevent overdosing of acetaminophen. It is okay to combine this medication with anti-inflammatory medications (NSAIDs) such as Advil or Aleve.
    - i) Directions for use: We recommend 1-2 tablets to be taken every 6 hours as needed for moderate-severe pain. You should not take more than 8 pills per day. NOTE: You may switch to extra strength Tylenol at any time if your pain is under reasonable control.
  - d) **Mupirocin Ointment**—continue to apply twice per day with Q-tip to nasal cavities (rim of nose/nostril) x 2 more days.
- 3) **Wound Care:**
  - a) Today we will change your dressings. We will re-dress the incisions with gauze and an ACE bandage for the first week. If you continue to bleed you will need to change the gauze from this dressing, otherwise leave the dressings on without changing.
  - b) The white stocking will stay on for 1 week.
  - c) **Please keep the incisions as dry as possible.** To shower you will need to cover the gauze and ACE wrap with a plastic bag so that the incisions do not get wet. We will water-proof the incision site once the sutures have been removed.
- 4) **Exercises and physical therapy:**
  - a) Continue **straight leg raises 4x/day**.
  - b) Start the “yoga stretch” for hamstrings. Reach for your toes on the surgical side and hold for 10 breaths.
  - c) Use the **ice machine** or “**Blue Packs**” **every hour**.
  - d) The hinged knee brace will be locked at **0°- 60° for the first week**.
    - i) The **brace** stays on **for 6 weeks**.
  - e) Sutures will be removed 1 week after surgery. After this, **range of motion** will gradually **increase as tolerated to 90°** in the brace.
  - f) Physical Therapy: You may begin **Physical Therapy 6 weeks after surgery**.
    - i) We will give you the referral at your 6-week post-operative visit.
  - g) In most cases you will start the pedlar and/or biking progressions at or by 6 weeks.

5) **Crutches:**

- a) Make sure that you use **crutches for 3 weeks**. You will be on a partial weight-bearing (PWB) status for 3 weeks.

6) **Follow up appointments:**

- a) Schedule follow up visits in approximately 7-10 days for suture removal. The next appointment to follow will be 6 weeks from your surgery date.

7) **Notes etc:**

- a) Make sure you have all necessary notes and documentation for school or work.

**Issues: Please call us at 310-310-2729.**