

POST-OPERATIVE PROTOCOL

MPFL Reconstruction

Post-operative recovery instructions from Dr. Pettit and team

Office: 513-354-3700 · Direct Line: 513-441-5639

Your surgical care team: **Robert Pettit, MD** — Orthopaedic Surgeon · **Maria Dodd, PA-C** — Physician Assistant, surgical & post-op care

WOUND CARE

- Remove dressing in 2 days, if sutures in place cover with bandaids
 - If steri-strips present, keep in place until they fall off or they are removed at your first post-operative visit.
- You may shower in 3 days; do not scrub the area; allow water/soap to wash over then pat dry.
- Do not bathe or swim until approved by surgical team.

ICE

- You will be provided with ice packs on the day of your surgery. We recommend that you use ice on a consistent basis for the first 24–48 hours. This will help reduce post-operative swelling. After that, use as necessary.
- Use a cloth between the ice and your skin. DO NOT place ice directly on skin as this may cause frostbite. Do not leave ice wrap or cold therapy on for more than 20 minutes without checking your skin.

BRACES

- With an **MPFL Reconstruction**, you will wear your Brace in the locked position when sleeping and walking (your leg will be fully extended) for the first 2 weeks.
 - You should keep the brace in the locked position (your leg will be fully extended) for the 4 weeks of walking (your physical therapist will assist you in gradually increasing weight bearing)
 - You should remove your brace to bend your knee during Physical Therapy and home exercises (do not go past 90 degrees)
 - You may also remove your brace for showering, dressing, etc.
- After 4 weeks, you may unlock your brace during the day for walking.

CRUTCHES & WEIGHT BEARING STATUS

- Following MPFL Reconstruction, you will weight bearing as tolerated with crutches for the first 2 weeks.
- After 2-4 weeks you begin total weight bearing and walking normally without the crutches. You will still need to wear your brace for a total of 4-6 weeks

PHYSICAL THERAPY

- Following an **MPFL Reconstruction** you should start formal physical therapy within 1-5 days.
- Until you begin working with a therapist, you can do some exercises at home, such as: quad sets, leg raises, flexion and extension, and calf pumps (see pictures below). You may begin these exercises the day following your surgery.

HOME EXERCISE PROGRAM

Quad Set Exercise

Tighten the muscles on top of the thigh as tightly as possible and hold.

Pull your toes back.

Push the back of your knee down to the floor.

Try to push out and up through the heel.

Pull 10 seconds, trying every second to pull even tighter.

Relax 5 seconds.

Repeat for 2 sets of ten times. Rest 60 seconds between sets.



Straight Leg Raise

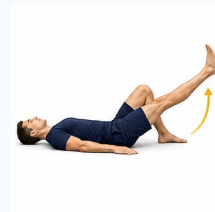
Tighten the muscles on top of the thigh as tightly as possible and hold.

Raise the entire leg holding the knee as tight as possible. Hold 5 seconds.

Lower leg and rest 2 seconds.

Repeat for 2 sets of 10 times.

Rest 1 minute between sets.



Flexion and Extension

Sit on something high enough to keep foot off the floor.

Bend the knee as far back as possible.

Straighten knee as far forward as possible and hold it straight.

Then relax. (Like pumping on a swing.)

Repeat for 3 sets of 10 times.



Calf Pumps

Pointing the Feet:- Action

(Keeping your foot strictly in line with the ankle knee and hip joints):

Point the foot away from you.

Repeat slowly, five to 10 times each foot.

Flexing Feet:- Action

(Keeping your foot strictly in line with the ankle knee and hip joints):

Flex the foot, this time letting the heel push away from you, and the toe end of the foot come toward you.

Repeat slowly, five to 10 times each foot.



Heel Slides

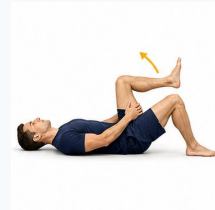
Lie onto your back with both legs outstretched in front of you

Slowly, keeping your heel on the floor, slide your foot towards your backside

Go as close as comfortable, then stop

Keeping your foot on the ground, then slide your foot back out, straightening your leg slowly.

Repeat slowly, 5-10 times



Day of Surgery: You have been given a regional anesthetic block prior to your operation. This will wear off in the evening following your surgery. It is recommended to start your pain medications the evening of your surgery to stay on top of the pain.

PAIN CONTROL AND MEDICATIONS

1 Pain Medication: Tylenol 1000mg every 8 hours and, unless discussed otherwise, you have been prescribed a narcotic pain medication (Oxycodone 5mg) to take every 4-6 hours as needed.

- DO NOT drive/use any heavy machinery, drink alcohol, make any life-changing or legal decisions (i.e. sign a will), or participate in activities that require a lot of physical skill, as narcotics may change your mental acuity. On rare occasions they may cause confusion or disorientation, we advise you to discontinue this medication should that occur.
- Narcotics can be addictive. Dispose of any excess medication at a police/fire station.
- Take a stool softener (e.g. Colace) while taking narcotic medication, as narcotics may cause constipation. If this does not help alleviate your constipation, you can try adding miralax or milk of magnesia. Please call our office if this regimen does not alleviate your constipation.
- If you have any questions or concerns about narcotic strength medications, please contact us.
- Journavx (suzetrigine):** If Journavx has been prescribed, take it in place of the Oxycodone. Start with a loading dose of 100 mg (two 50 mg tablets), then take one 50 mg tablet twice a day (every 12 hours) for two weeks. If you are not getting adequate pain control with Journavx, you may take Oxycodone instead. Do not take Journavx and Oxycodone at the same time, and avoid grapefruit while taking Journavx.

2 Anti-nausea: Zofran (Ondansetron): Take as prescribed if needed for nausea

3 Anti-Inflammatory: Unless contraindicated due to other health reasons, you have been prescribed a non-steroidal anti-inflammatory drug (Ibuprofen 800mg) for use postoperatively. If you have no personal history of adverse response to anti-inflammatories (NSAIDs), take as prescribed every 8 hours with food to help reduce swelling and pain. Do not take other NSAIDs (Advil, Aleve, etc) with Ibuprofen.

Tylenol and Ibuprofen are the foundation for your pain control regimen

Example dosing: 1000mg Tylenol then 4 hours later 800mg Ibuprofen then 4 hours later repeat- every 4 hours alternate between Tylenol and Ibuprofen. Oxycodone as needed for breakthrough pain.

*You should not exceed 3,000mg of Tylenol or 3,200mg of Ibuprofen in 24 hours.

You are not required to take any medication; however, it is recommended that you stay on top of the pain with the anti-inflammatory and Tylenol.

BLOOD CLOT PREVENTION

- If you have no history of blood clots, oral anticoagulation is not necessary.

DRIVING

- In general, you can resume driving after 3-5 days after your operation, when you have full control of your arms and legs and you are pain free. Do not drive if you are still on narcotic medication.

RETURN TO WORK

- You may return to work as soon as you are comfortable and able to safely weight-bear without crutches. This typically will occur 1–4 weeks post-op, depending on your job.

FOLLOW-UP APPOINTMENT

- Your first post-operative appointment will be scheduled 7-10 days following your surgical procedure. If you do not have a post-operative appointment scheduled when you leave following surgery, please call 513-354-3700 to schedule the appointment.

****Signs & Symptoms to Immediately Report****

Call **911** and go to the nearest hospital if you are having chest pain or trouble breathing.

CALL THE OFFICE AT 513-354-3700 TO REPORT ANY OF THE FOLLOWING

- Persistent fever (101 or greater)
- Sudden increase in pain and swelling
- Wound redness or drainage
- Increased skin temperature around incision
- Deep calf pain and swelling



SCAN FOR THE LATEST VERSION ONLINE

robertpettitmd.com/protocols/mpfl.pdf

These instructions are general guidelines for Dr. Pettit's patients. Your individual instructions may differ — always follow the specific guidance given by Dr. Pettit and your care team, and call the office with any questions.