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POSTOP INSTRUCTIONS FOR PATELLAR REALIGNMENT

These are general instructions and there may be additions or changes to this guide; these will be explained to you. If you have any questions after discharge and before being seen for your office visit, please call: (715) 832-1400.

1. Your brace will be locked at full extension postoperatively. The brace should be left on at all times and may be adjusted during your passive range of motion exercises. If for some reason the brace slips down or the dressing feels too tight, feel free to carefully remove the brace and ace bandage, rewrap the ace bandage around the leg, and reapply the brace. Generally the passive range of motion will be 0 to 60 degrees.
2. Keep the brace locked when up and ambulating or when doing your quad sets and straight leg raises. Call Northwoods Therapy Associates at 715.839.9266 if you have any questions about your exercises.
3. Using the cooling apparatus as much as possible to help control pain and swelling. It is a good idea to turn it off for one hour in the morning and evening so the skin does not get injured.
4. You are 0% weight bearing on your surgical leg. Please abide by this until told otherwise by your physician.
5. Strong pain medication will be prescribed for you. Use this only when needed and try to supplement this with aspirin, Tylenol or ibuprofen style medications. Try to reduce this as tolerated by the end of the first week. If you need more medications, please call the office at 715-832-1400.
6. Make sure that an appointment has been made for you both in the office and in physical therapy for the week following surgery. This generally will consist of an appointment at physical therapy approximately one hour prior to your appointment at the clinic. This will allow the therapist to prepare the leg for inspection and evaluation in the clinic facility.
7. You may notice slight reddish drainage on the dressings. This is common and normal. If the dressings become wet from the drainage, or from the cooling unit, then you may remove the ace wrap to allow the inner layer of dressings to dry. Then reapply the ace wrap. Notify our office if drainage persists.
8. Make sure you call or report to the office if you begin having any unusual symptoms or symptoms suggestive of an infection such as significantly elevated temperature, which persists, drainage or foul smelling odor from the wound or any significant increase in pain with activity.
9. To drive you must no longer be taking narcotic pain pills. (Plain Tylenol is allowed.) Also, you must feel strong and alert. You may unlock the brace to allow for flexion of the knee while driving. Most people are able to start driving 1-2 weeks after surgery.