

Dr. Ball MPFL/MQTFL Reconstruction

What to Expect/Activity

- It is normal to have some discomfort in your knee for several days.
- For the next 48 hours use the ice for 20-30 minutes every 1-2 hours while awake.
- Elevate your surgical leg by placing one or two pillows underneath your calf, **NOT your knee**, to help reduce swelling.
- You are weight bearing as tolerated to your operative leg, with the **knee brace locked in extension**.
- Please use crutches and/or walker with ambulation until your follow-up
- Wear knee brace at all times locked in extension (ok to remove to shower but keep the knee straight and make sure you have something to hold onto to maintain balance).
- We encourage ankle pumps and range of motion to prevent stiffness.
- Please perform the quadriceps exercises starting POD #1 with your brace on, locked in extension (see diagrams).
- No driving until instructed by Dr. Ball.

Dressing/Wound Care/Bathing

- You may remove dressing 3 days after surgery. Please leave mesh dressing on the skin in place.
- You may start showering 3 days after surgery, the steri-strips will remain in place. Please pat the dressing dry. Cover the incision with Band-Aids after each shower.
- Do not place any creams, ointments or gels on or around the incisions.
- No baths, swimming or submerging until cleared by Dr. Ball.

Pain Management/Medications

- You may resume your usual medications.
- You have been provided a prescription for narcotic pain medication. This is to be used only as needed for breakthrough pain that is not controlled with over-the-counter pain medication.
- Please take the following medications starting the day of surgery:
 - Take Aspirin 325 mg daily for 14 days (blood clot prevention) unless prescribed alternative anticoagulation.
 - Tylenol/acetaminophen – according to bottle instructions; alternate with Ibuprofen (Advil, Motrin) or other NSAID– according to bottle instructions
 - Keflex 500mg four time a day for 3 days.
- While taking your narcotic medication, an over-the-counter stool softener may be helpful to prevent constipation. Please consider taking Peri-Colace twice daily while taking this medication.
- **Nerve Block:** If you received a nerve block, your surgical limb may feel numb with loss of muscle control for up to 18-24 hours after surgery. We recommend

taking a dose of pain medication prior to bed tonight, to cover any pain that may occur if your nerve block begins to wear off while you are sleeping.

Follow up/Call if:

- The findings of your surgery will be explained to you and your family immediately after surgery. However, in the post-operative period, during recovery from anesthesia you may not fully remember or fully understand what was said. This will be again when you return for your post-op appointment.
- Please bring any surgical pictures you were provided to your follow-up.
- Please contact Dr. Ball's office if you experience the following:
 - Excessive bleeding (bleeding through your dressing)
 - Fever greater than 101 degrees F
 - Persistent nausea or vomiting
 - Decreased sensation or discoloration of the operative limb
 - Pain or swelling that is getting worse and not better with medication

Dr. Ball's Office Contact:

- Locations and Contact:
 - 1349 S. Rochester Road, Suite 205, Rochester Hills, MI 48307
 - (248)-239-5300
- More Information about your surgery available at my website
 - www.drguyball.com

Quadriceps Setting:

- To maintain quadriceps tone, lie on your back with your knee extended as in the picture. Tighten the thigh muscles for 5 seconds and then release. Perform multiple times per day, 20 repetitions per set.

**Straight Leg Raise:**

- Lay flat on your back with the unaffected knee bent to 90 degrees. Lift the operative leg so the thigh reaches the same level as the other leg. Hold for 5 seconds. Perform 3 sets of 15 reps every day.

