

Dr. Ball Quadriceps Tendon Repair

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.
- No driving until instructed by Dr. Ball.

Dressing/Wound Care/Bathing

- You may remove your toe-to-groin dressing 24 hours after surgery. There will be a surgical dressing over your incision that stays in place for 7 days after surgery.
- You may start showering 48 hours after surgery, the surgical dressing will remain in place. Please pat the dressing dry. If you notice the dressing appears saturated or is starting to come off, please contact the office.
- On the 7th day, remove dressing carefully. Your sutures will be under the skin. If you notice light drainage after removing the dressing please cover with a dry dressing. If this drainage continues please contact the office.
- There may be dried blood around the incision. It is ok to continue showering after removing the dressing but do not scrub the incision. Pat incision dry.
- Do not place any creams, ointments or gels on or around the incision.
- 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 once daily for 14 days (blood clot prevention) unless prescribed alternative anticoagulation medication.
 - Tylenol/acetaminophen – according to bottle instructions; alternate with Ibuprofen (Advil, Motrin) or other NSAID– according to bottle instructions
 - Keflex 500 mg – take 1 pill four times 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 discussed again when you return for your post-op appointment.
- 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