



Information After Arthroscopic Lateral Patella Release

DIET

You may resume a normal diet.

ACTIVITY

1. You may need the crutches for a few days, but we want you to put as much weight on your operated leg and to wean off crutches as soon as possible.
2. You should try to elevate your knee above your heart as much as possible in the first 24 hours to reduce pain and swelling.
3. You may drive a car as soon as pain and swelling subside enough to allow good mobility.
4. You may return to light activities (desk work, walking, etc.) as tolerated.

PAIN & SWELLING

1. Elevation of your knee above your heart is the most effective way to reduce pain and swelling after the surgery.
2. Pain and swelling will gradually subside with time, but it is normal to have increased pain and swelling after activity or exercise.
3. You should use the CryoCuff for most of the time for the first 24 hours after surgery. You can then use the CryoCuff regularly after activity or exercise or anytime you have increased pain and swelling. See accompanying instructions.
4. A great deal of swelling is normal after this procedure, and the swelling will take several months to fully resolve.
5. You will be given a prescription for a narcotic pain-killer you can use for severe pain. This will make you drowsy, so do not drive or operate machinery after using it. You may also take over-the-counter medication such as acetaminophen (e.g. Tylenol) or ibuprofen (e.g. Advil)
6. Until the knee is fully recovered, you may wear an elastic or neoprene knee sleeve if you would like.

WOUND CARE

1. A drain is placed in your knee at surgery and is removed before you go home.
2. Remove the dressing the day after surgery. For the next 2 days use BandAids on the small incisions

3. The incisions may be swollen and develop bruising; these things eventually resolve on their own.
4. There is no need to apply creams or ointments to your incisions. They should be left dry.
5. You may shower the day after surgery. After the shower, blot dry carefully around the incisions; do not rub vigorously with the towel. Do not take a bath or swim until the sutures are removed.

PRECAUTIONS

Please call us if you have...

1. Fever (temperature over 101.5° F) or chills
2. Redness around the incisions
3. Foul-smelling drainage from the wounds. Clear drainage is normal.
4. Swelling and pain in the calf and foot not relieved by rest and elevation.

RETURN VISIT

1. You will need to come in for an appointment approximately one week after the manipulation.
2. One of our nurses will probably contact you one or two days after the procedure to see how you are doing.
3. If you have questions at any time, please call.

REHABILITATION

1. Regaining range of motion. Usually the motion comes back fairly quickly. However, full flexion (bending) is not regained until all the swelling resolves.
2. Maintaining good flexibility of the hamstrings (the rear thigh muscles).
3. Rehabilitating the quadriceps muscle (the front thigh muscle) which involves:
 - a. Strengthening
 - i. Straight-leg raises
 - ii. Do wall-sits or leg press
 - iii. Do not do knee-extension exercise
 - b. Endurance. The following are excellent to use to build endurance.
 - i. Stationary bike
 - ii. Stair climber
 - iii. Rowing machine
 - iv. Nordic Track[®] machine
4. Sport-specific drills. Usually we can start sport-specific drills after about six weeks.
5. Return to sports. We will test your knee before clearing you for full return to sports. This can take three to six months, so you need to have patience! The role of a brace will be discussed with you when you return to sports.