Place label here

NAME OF PATIENT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MRN: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**Kristofer J. Jones, M.D.**

Sports Medicine, Shoulder Surgery and Cartilage Restoration

UCLA Department of Orthopaedic Surgery

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**POST-OPERATIVE INSTRUCTIONS – OSTEOTOMY ( HIGH TIBIAL / DISTAL FEMORAL / TIBIAL TUBERCLE )**

**BRACE / AMBULATION**

* Your leg will be placed in the hinged knee brace post-operatively. You will need to wear this brace at all times. It should be locked in full extension (0 degrees) until your first postoperative visit with Dr. Jones.
* You will only be ambulating with % weight \_\_\_\_\_ unless otherwise instructed. You must use your crutches.
* While in the recovery room, you will receive instructions regarding how to put on and take off your brace, ambulating, climbing stairs, and other activities of daily life. Listen to them carefully.

**WOUND CARE**

* You may remove the Operative Dressing on Post-Op Day #3
* KEEP THE INCISIONS CLEAN AND DRY.
* Apply Band-Aids or clean gauze/tape to the wounds. Change the dressing daily. Do not remove the Steri-strips. Please do not use Bacitracin or other ointments on the wound.
* An ACE wrap will be applied to help control swelling.
* There may be a small amount of bleeding and/or fluid leaking at the surgical site. This is normal. The knee is filled with fluid during surgery, sometimes causing leakage for 24-36 hours. You may change or reinforce the bandage as needed.
* Use Ice or the Cryocuff as often as possible for the first 14 days, then as needed for pain relief. Place a dry towel between your skin/wound and the cryocuff to avoid direct contact. We recommend using it for 20 minutes every hour as much as possible.
* There will actually be more swelling on days 1-3 than you had the day of surgery. This is normal. The swelling is decreased by using Ice or the Cryocuff. The swelling will make it more difficult to bend your knee, but once the swelling goes down, it will become easier to bend your knee.
* You may shower on Post-Op Day #3 using a water-tight plastic bag over your knee. **DO NOT GET THE WOUND WET**. You may gently wash around the incision with a washcloth, but then gently pat the area dry. Do not soak the knee in water. Do not go swimming in the pool or ocean until approved by Dr. Jones.

**FOLLOW-UP**

* Please call the office to schedule a follow-up appointment for your suture removal, 10-14 days post-operatively.
* Dr. Jones encourages all patients to begin physical therapy within 2-3 days after surgery. The specific physical therapy prescription and protocol will be emailed to you after surgery and faxed to your PT facility of choice. You will be attending PT approximately 2 times per week for 6 - 12 months post-operatively based upon your progress. Please call to confirm these details.
* At your post-operative visit, Dr. Jones will go over your surgery, show you arthroscopic photographs from your surgery, and outline your rehabilitation.

**POST-OP**

* Enclosed is a prescription for you to use post-operatively:
  + - * A strong narcotic and anti-inflammatory is to be used as prescribed. Both of these will be given to you on the day of surgery unless discussed otherwise.
* If you have any adverse effects with the medications, please call our office.
* If you develop a fever (101.5), redness or drainage from the surgical incision site, please call our office to arrange for an evaluation.

Kristofer J. Jones, M.D.

UCLA Department of Orthopaedic Surgery

**EXERCISES**

* The Physical Therapist will instruct you on the Home Exercise Program. Please do these exercises 2-3 times daily.
* The hinged knee brace should be worn at all times for:
  + - * Walking
      * Sleeping
      * Straight Leg Raises
* Follow the instructions that Dr. Jones and the Recovery nurse gives to you:
  + - * Towel roll under heel to maintain full leg extension
      * Isometric Quadriceps strengthening
      * Straight Leg Raises (in brace)
* DO NOT TRY TO ACTIVELY STRAIGHTEN YOUR OPERATED LEG.
* **CPM MACHINE should be used up to 4-6 hrs per day if possible. Begin at 0 -\_\_\_\_\_ degrees and advance as tolerated, approximately 15 degrees per week.**

**DRIVING**

* If your Right Knee is the operative side, you MAY NOT DRIVE FOR APPROXIMATELY 4-6 WEEKS. It is important to regain adequate quadriceps control before operating a motor vehicle.
* If your Left Knee is the operative side and you drive an Automatic Transmission vehicle, you may drive a few days AFTER surgery if you are not taking narcotic pain medication. It is important that you feel very confident in your ability to respond efficiently before attempting to drive.

**IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CALL OUR OFFICE AT (310) 825-6095.**