

Post Operative Patient Information – TTT and MPFL Reconstruction

Analgesia

- It is not uncommon for patients to encounter more pain on the first or second day after surgery. This is when the swelling peaks.
- Using the pain medication regularly and as directed will help with keeping the pain under control and enable you to recover quickly.
- Taking pain medication before bedtime will assist in sleeping
- A cryocuff (ice therapy) will be placed on your leg in theatre. The nurses will instruct you on the usage of the cryocuff while on the ward. Depending on availability you may be discharged with a loan ice bucket from our office.

Wounds Dressings

- A ROM (range of motion) brace will be fitted the day after your surgery.
- Tubigrip will also be placed on your knee for when you have the brace on. Remove the tubigrip before icing the knee.
- Dressings should remain in place until your post-operative appointment.
- If for any reason the dressings become blood soaked or are starting to lift you may obtain dressings to replace these from your local chemist.
- Ensure that you wash your hands prior to changing these dressings to reduce the risk of infection.
- It is not uncommon for a small amounts of blood to be on the dressings
- If bright red blood persists despite elevation and application of ice, please contact the Practice Nurse – Alicia (07) 4727 4111 during office hours.

Aspirin

- You may have been given a script for aspirin 100mg. Please take the aspirin for a full **6 weeks** following your surgery. This is to prevent DVT formation. If you cannot take aspirin please contact the rooms for an alternative medication.

Initial 6 weeks Exercises –

- You will be able to partially weight bear and work towards full weight bear at 6 weeks
- You can commence passive flexion and extension exercises
- You can actively flex the knee
- You must not extend the knee under resistance
- You can see a physiotherapist once you have left hospital to continue your rehabilitation

You will most likely need between 4-6 weeks off work depending on your duties. You are advised not to drive a vehicle for 6 weeks after surgery.

The Practice Nurse – Alicia will see you 10-14 days after your HTO. This appointment will be in your discharge information. **Please collect your x-rays on discharge from the hospital.** If unexpected problems, emergencies or other issues occur, please call me, or my nurse Alicia at (07) 4727 4111 or e: alicia@tsvllc.com.au