



## JONAS R. RUDZKI, MD

SPORTS MEDICINE ORTHOPAEDIC SURGEON,  
SPECIALIZING IN SHOULDER & KNEE SURGERY

**WASHINGTON ORTHOPAEDICS AND SPORTS MEDICINE**

### Post-op Instructions: MPFL Reconstruction

#### K STREET/DOWNTOWN

Phone: 202-833-1147

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Washington, DC 20006

#### CHEVY CHASE

Phone: 301-657-1996

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Chevy Chase, MD 20815

#### SIBLEY

Phone: 202-787-5601

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5215 Loughboro Rd NW

Suite 200

Washington, DC 20016

1. Remove the dressing on the 5<sup>th</sup> day after surgery. Apply Band-Aids to the smaller wounds & a sterile gauze pad to the larger incision. Please **do not** use Neosporin.
2. Apply the Game Ready Ice Sleeve or an ice-pack as often as possible for the first 10-14 days and then at least 4-6 times each day for 30 minutes and after each time you do your exercises. The Game Ready Unit should be set to cool for 30 minutes & then go off for 30 minutes. Take a one hour break every 4-6 hrs. Make sure incisions stay dry.
3. You may slowly resume a regular diet as tolerated. We recommend you start slowly with clear liquids, diluted Gatorade, chicken/beef broth & crackers. As soon as you get home, take small bites of food (1/4 turkey sandwich, diluted Gatorade, chicken soup, crackers) and 30 minutes later take your first pain pill (Percocet). Repeat this process 45-60 minutes later and take a 2<sup>nd</sup> pain pill (Percocet). Repeat again 45-60 minutes later and take an Oxycontin. From this point forward, take Percocet 1-2 tabs every 4-6 hrs and Oxycontin 1 tab every 12 hours. **It's important to stay ahead of pain, but do not take the pain pills if you are sedated.**
4. Keep your leg elevated with 5-7 pillows under your calf & ankle, NOT under the knee. **It is critical to get your full extension as soon as possible after surgery.** Please call the office to schedule a follow-up appointment for ~7-10 days after surgery. You will use crutches for stability but you are allowed to partially bare weight on your leg by just allowing your foot to touch the ground. As you work on strengthening your leg and decreasing your swelling, you will be able to discontinue your use of the crutches at approximately 6-7 wks.
  - It is important to wear the knee immobilizer for the first 6 wks after surgery when walking around. Do not actively extend (straighten) your knee – have someone do this for you or use your other leg to lift/straighten your leg.
  - It's critical to work on getting your knee as straight as possible as soon as possible after surgery. This is best accomplished by resting with your leg elevated out straight with several pillows under the ankle.
5. If you develop a fever (temp > 101.5°), redness or drainage from the surgical incision site, please call our office to arrange for a prompt evaluation.
6. You will be given 2 prescriptions for pain, usually Percocet & Oxycontin. These are narcotics, to be used on an "as needed" basis for pain. The pain medications are all opioid narcotic derivatives which have potential side effects that include constipation, nausea and sleepiness. Please take Peri-Colace (laxative), drink a lot of water, and eat dried apricots/ prunes 3x/day. These medications should not be taken on an empty stomach. Please **do not take any Motrin, Ibuprofen, or Aleve (NSAIDs)** as these may impair your reconstructed ligament from healing.
7. You may shower quickly (2-3 minutes) on the 9th day after surgery. Cover the incisions with Saran wrap and tape the edges while showering; then quickly apply soapy water to the incisions for 10 seconds, rinse and gently pat the area dry. Do not bathe, soak or go swimming in the pool or ocean until 4-6 weeks after surgery.

**If you have any questions, please contact our office:**

**Phone: 202-787-5601ext 652**

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