



**DAVID B. COHEN, M.D.**

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**CALL OUR OFFICE AT 203.407.3518 FOR FOLLOW-UP OR QUESTIONS**

DISCHARGE/HOME INSTRUCTIONS  
Patella Tendon Debridement

Patient Name:

**Follow up appointment:**

- Call Dr. Cohen's office today or tomorrow to arrange to be seen in 10– 14 days if you do not already have an appointment.
- Connecticut Orthopaedic Specialists Surgical Center wishes you a **speedy recovery**. Please note the following guidelines for your recovery period at home:

**DIET:**

- Your regular diet may be resumed today. Start with liquids. Drink additional fluids today.
- Avoid alcohol for 24 hours and while you are taking your pain pills.

**MEDICATIONS:** It is normal to experience some discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (ie. Colace) as needed.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is Vicodin (hydrocodone). Take 1-2 when you are aware of soreness and then every 4 hours as needed.
- Use Naprosyn (an anti-inflammatory) for 10 days after surgery. Take one pill in the morning, one in the evening with food. Stop if it upsets your stomach.

**DRESSING: KEEP YOUR DRESSING DRY AND CLEAN.**

- You may experience drainage. **Do Not Remove Original Bandage Until Directed Below.** Reinforce as needed.
- Call your surgeon if you think it is too much.
- Remove dressing in 3 days. **Do not remove tape strips** on surgical site. Apply Band-Aids.
- Please do not use bacitracin or other creams on the wounds.

**ACTIVITY:**

- Do not drive, operate machinery, or sign legal documents. You may be forgetful due to today's medications.
- Rest today. Get up every 2-3 hours during the day. You may experience light-headedness and sleepiness following your surgery. We encourage you to have someone with you for 24 hours.

