



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

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

DISCHARGE/HOME INSTRUCTIONS  
MPFL Reconstruction Knee

Patient Name:

**Follow up appointment:**

- Call your doctor later today or tomorrow to arrange to be seen in 10 – 14 days if you do not already have one.
- COS 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 discomfort after surgery. Take medication as prescribed.

- Pain medication may cause constipation. Use an over-the-counter stool softener (i.e. Colace) as needed.
- Eat something before taking medication to avoid stomach upset.
- Your pain medication is Oxycodone Take 1-2 when you are aware of soreness and then every 3-4 hours as needed. Set an alarm clock to wake you up at night to take the medicine during the first few days. It takes 45 minutes to start working.
- Use Naprosyn (an anti-inflammatory) for 7-10 days after surgery. Take one pill in the morning, one in the evening with food. Discontinue use if you have any history of ulcer disease or difficulty using anti-inflammatory medications or aspirin.

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

- You may experience drainage. 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 sites. Redress incisions; apply band aids to small holes.
- 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.



- To bathroom with assistance. Gradually resume light activity.
- Apply ice for minimum one week while awake (30 minutes on, 30 minutes off). You should use it after physical therapy as well.
- You may shower on post-operative day 3 but keep the incision sites covered with either plastic wrap secured with tape or waterproof band-aids. Do not remove the tapes covering the incisions. No baths, hot-tubs, or swimming.
- Flex and extend ankle to promote blood flow. Your ankle may swell when you are up and about. This is normal.
- Elevate leg for 24 to 48 hours and if ankle swells. Keep your leg elevated with a pillow under your calf, NOT under the knee.
- Use crutches. Toe touch weight bearing only.
- Keep brace on at all times except when doing exercises or showering.
- Start Physical Therapy after your first visit with Dr. Cohen. Call now and book appointments for 2-3x/week for 6 weeks.
- Exercises to be performed 2-3 times daily:
  - Gentle range of motion of the knee: bending and straightening in a seated position with leg hanging off bed. (use your normal leg to lift the operated limb to the extended position. Do not bend past 90 degrees.
  - Straight leg raises, with foot straight and turned out. Goal is 25 reps three times per day.
  - Isometric quadriceps contractions.

**NOTIFY YOUR SURGEON IF YOU ARE UNSURE OF YOUR PROGRESS OR IF:**

- Dressing is too tight.                      -Fever above 101°F                      -Excessive swelling
- Continued nausea/vomiting              -Uncontrolled pain                      -Unable to urinate
- Excessive bleeding                      -Infection (red, drainage and/or sore)
- If coldness, numbness or change in color of fingers/toes or skin (hand may be numb for 24 hours after nerve block)

**IF YOU CANNOT REACH YOUR DOCTOR AND NEED HELP OR ADVICE RIGHT AWAY, GO TO THE EMERGENCY ROOM NEAREST YOU. IN THE EVENT OF A TRUE EMERGENCY CALL 911.**

I (Patient/Escort) have read these instructions. I understand them and have no questions at this time.

\_\_\_\_\_, M.D. \_\_\_\_\_  
 Patient / Escort

MD OFFICE NUMBERS  
 Branford (203) 483.2509                      Milford (203) 882.3373



Guilford (203) 453.6340  
Hamden (203) 407.3500

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