

SIMON W. YOUNG

*MBCbB FRACS MD
Specialist Orthopaedic knee Surgeon, Associate Professor*

TIBIAL TUBERCLE OSTEOTOMY (+/-MEDIAL PATELLO-FEMORAL LIGAMENT (MPFL) RECONSTRUCTION) Post-Operative Care

1. WOUND CARE

After the surgery you will have a padded crepe bandage on your knee, you can remove the bandage 24-48 hours after the surgery.

There are plastic dressings under the crepe bandage, some blood staining on these is normal. If there is heavy blood staining or leaking you can contact us, or you can get your GP's practice nurse to change the dressings.

You can shower with these plastic dressings on, although you should not point the water straight at them or soak in a bath or pool.

The sutures used are absorbable and do not need to be removed. The dressings stay on until you are seen in clinic.

Icing of the knee is important following surgery, **especially in the first 72 hours**. Use a bag of crushed ice or frozen peas for up to 30 minutes, 4-5 times per day. After 72 hours ice use is optional.

2. ACTIVITY

During the first few weeks ensure you get adequate rest and limit walking to what is necessary.

Elevate as much as possible and avoid long periods of time with the leg low down.

You will be restricted to 'Touch weight bearing' with crutches for the first **six weeks**. You can touch your foot to the ground, but do not put weight through the leg.

You will be fitted with a brace with hinges for **six weeks**. Simon will adjust the brace settings to increase the amount of flexion (bending) you are allowed, usually every two weeks.

3. PHYSIOTHERAPY

Physiotherapy is an important part of your recovery, and should start within the first two weeks following your surgery. Simon Young will discuss this with you.

FOLLOW UP

Wendy will typically arrange a follow up appointment 2-3 weeks after the surgery, please liaise with her to ensure the date and time is suitable for you.

If you have any concerns prior to your appointment please
phone 09 521 9849 or email ortho@axisportsmedicine.co.nz

After hours or if the query is urgent you can contact
Simon Young on 021 616 183 or email simon.young@auckland.ac.nz

TIBIAL TUBERCLE OSTEOTOMY (+/-MEDIAL PATELLO-FEMORAL LIGAMENT (MPFL) RECONSTRUCTION) Questions & Answers

1. What medications do I take?

Your anaesthetist will prescribe post operative pain medication. Local anaesthetic has been placed in your knee. This will typically wear off 6-8 hours after the surgery so you can expect pain to increase after this so ensure you begin taking the painkillers at the first sign pain is increasing.

2. When can I drive?

At 6 weeks, when you are out of the brace and off crutches.

3. When can I return to work or school?

This depends upon the demands of your job, but plan to take at least 7 - 14 days off of work or school. You can be back to a desk job within a week or two but physically demanding jobs may take 3 - 4 months to return to.

4. When can I run?

Running is allowed after full range of motion, good strength and proprioception (balance) is attained. The earliest you can begin running straight ahead on a level surface is 12 weeks but often it takes 4 - 8 months. Your physiotherapist will help guide you.

5. Do I need a brace?

Yes - for the first 6 weeks. Typically the brace is locked out straight for 2 weeks, then 0-30 degrees for 2 weeks, then 0-60 degrees for two weeks, then remove.

6. When can I return to sports?

Patella stability depends on both **ligaments** and **muscular** control, and the knee remains at risk of re-injury until good muscle control returns. You may return to "high risk" sports, ie those which require cutting and twisting (rugby, soccer, basketball) or are unpredictable (eg. skiing) only after you have regained your full range of motion, strength and balance. This usually takes a minimum of 6-9 months but may be longer, Simon and your physiotherapist will guide you.

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