



Orthopaedic Specialty Institute
Medical Group of Orange County

Robert Grumet, MD

POST OPERATIVE INSTRUCTIONS
PATELLAR FRACTURE

1. Day of surgery: Instructions Immediate Post-Op

- A. Diet: as tolerated
- B. Ice pack to knee every 1 to 2 hours, while awake, for 20 minutes.
- C. Pain medication as needed every 4-6 hours.

2. First Post-Operative Day

- A. Continue ice pack every 1 to 2 hours while awake.
- B. Pain medication as needed.
- C. Continue with your Ankle Pump and Quadriceps Set exercises. Try to accomplish a little more each time you do them.

3. Second Post-Operative Day until Return Visit

- A. Continue ice pack as needed.
- B. You may place weight on your operated extremity to comfort. Use your crutches for movement and balance. You will walk with the brace locked in extension for about 4 weeks.
- C. You must wear your brace at all times.
- D. Do not try to bend your knee.

4. Third Post-Operative Day

You may remove your bandage from the surgical area and shower this evening. You will need to keep your op site(s) dry by covering wound with water-proof bandages (these can be purchased at your local pharmacy) when taking a shower. Do not remove steri strips because these keep the incision closed and stitches in place.

5. Suture Removal

Your sutures need to be removed 10-14 days from surgery at your first post op visit. Rehab should start after your first visit.

For Return Appointments

Your 1st post-op visit will need to be scheduled for 10-14 days after surgery.

If you have any problems or questions please call our office at (714) 937-2113 and ask for Elyse during office hours 8:00-5:00. If you have a problem after hours the answering service will contact Dr. Grumet.

Any activity that requires precise thinking and accuracy must be avoided for the first twelve hours after surgery and while taking pain medication, which includes operating machinery and/or driving a vehicle.