



TENNESSEE ORTHOPAEDIC ALLIANCE

Postoperative instructions

Open Reduction Internal Fixation Patella Fracture

Weightbearing: Weightbearing as tolerated to the operative extremity in brace. You **MUST** wear your knee immobilizer brace at all times! This needs to be centered over the kneecap to work effectively

Dressing instructions: Keep your dressing clean and dry at all times. You may change your dressing on Post-operative day #5 (Monday).

Pain control: You have been given a prescription to be taken as directed for post-operative pain control. In addition, elevate the operative extremity above the heart at all times to prevent swelling and throbbing pain.

Take over-the-counter Colace, 100mg by mouth twice a day while taking narcotic pain medications to help prevent constipation.

Please call 931-552-4340 for any problems. Including the following:

- Excessive redness of the incisions
- Drainage for more than 4 days
- Fever of more than 101.5° F

Please call 931-552-4340 if you do not receive or are unsure of your first follow-up appointment. You should have an appointment 10-14 days after your surgery.

Follow up appointments:

- 1) 10-14 days for suture removal and wound check
- 2) Dr. Teske 6 weeks for X-Rays

LUCAS G. TESKE, M.D.

141 Hillcrest Drive | Clarksville, TN 37043 | Phone: 931.552.4340 | Fax : 931.552.0999

www.TOA.com   