



Post-Operative Instructions – MEDIAL PATELLA FEMORAL LIGAMENT (MPFL)

****YOU MUST USE YOUR CRUTCHES UNTIL SEEN BY YOUR SURGEON AT YOUR
1ST POST-OP VISIT****

- Patient must wear brace at all times
 - a. Brace should be set at 0 degrees until 1st post-op visit
 - b. At 1st post-op visit brace will be set at 0-30 degrees while non-weight bearing
 - c. When ambulating must be in full extension, weight bearing as tolerated starting week 3
- Patients are allowed to shower the day after surgery (if no drains or pain catheter) with no submerging of wound until 3-4 weeks after surgery
 - a. Shower only
- Wound to be covered at all times with Band-Aids, except while showering. Remove Band-Aids before showering. Allow wound to air dry. Re-apply Band-Aids.
- No ointments, lotions or patches are to be applied to wound
- 1st post-op appointment will be the day after surgery or 1st day clinic is open after surgery
 - a. Dressing change and skin inspection
 - b. Review of pictures and procedure performed
 - c. 1st physical therapy appointment will be scheduled for you
- 2nd post-op appointment will be 7-10 days after surgery
 - a. Remove sutures
 - b. Apply Steri-Strips
- Range of Motion (ROM) will be as follows:
 - a. 0-30 degrees on 1st visit
 - b. Will be established with physical therapy
 - c. Weight bearing status will be increased as tolerated, guidelines will be dictated by physical therapy
- Icing
 - a. Days 1 & 2: 20 minutes every hour
 - b. Day 3: 10-20 minutes as needed