

HUMBOLDT ORTHOPAEDIC ASSOCIATES, INC

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LATERAL PATELLAR RELEASE POSTOPERATIVE INSTRUCTIONS

PROCEDURE

During your knee arthroscopy, a lateral patellar release was performed to treat the tight lateral ligaments attached to your knee cap. If surgically indicated, a medial capsular shrinkage was performed to augment the lateral release to allow for the best possible postoperative patellar alignment. This was done by applying a heat probe to the medial (inside) capsule with "shrinking or tightening effect to the tissue."

Whether or not arthritic changes were noted during your arthroscopy, we recommend that you begin taking glucosamine sulfate if you are not already doing so. The dosage is between 1000 and 1500 mg daily to help facilitate cartilage regrowth. The glucosamine does not reverse arthritis in your knee, but does help stabilize the cartilage on the ends of the bones.

We recommend Cosamine DS because of the excellent product quality.

WOUND CARE

Postoperatively you should leave your dressings intact and your brace on until your first postoperative appointment. During that time it is also very important that you keep your leg dry to prevent the possibility of any postoperative infection.

BRACING, CRUTCHES, AND COLD THERAPY

Postoperatively you will be required to use a brace for approximately two to three weeks and your crutches for one to two weeks. This will depend on the nature of your problem, your muscle control, balance, and confidence.

Most individuals require formal physical therapy following this type of surgery to facilitate their recovery. This will be determined at your first postoperative visit.

It is important that you begin thigh tightening exercises immediately after surgery. Keep your brace on at all times except when doing gentle range of motion exercises once a day.

You may partially weight bear on the operated leg in the first week after surgery, but continue to use crutches until your first postoperative appointment.

We recommend that you use your cold therapy unit while you sleep and intermittently during daytime hours. This will help control swelling and pain in the acute postoperative recovery phase.

GENERAL INFORMATION

1. Remember to be patient in the postoperative recovery period following a lateral release. Individuals who become too aggressive during the early postoperative phase may develop chronic swelling that can take months to resolve. Do not expect to return to any high performance repetitive motion activity (i.e. aggressive cycling, stairmaster, or treadmill) for approximately two to three months following surgery.
2. Some individuals may notice a sulcus or depression on the outside of the kneecap in the area of the lateral release. This is not typical and tends to occur only in low body fat individuals and is the result of the shape of the new lengthened and released lateral capsule. It is important to remember that this is only **cosmetic** in nature and does not compromise your functional outcome.
3. If more was done during your surgery (i.e. meniscal repair, bone picking, joint debridement) your postoperative rehabilitation and recovery will be modified accordingly.
4. Make sure to listen to the entire video after surgery to get additional specific instructions. If you have any questions or comments, please do not hesitate to contact us.

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