

Fractured Patella

Patient information - Orthopaedic Services

What is a Fractured Patella?

The Patella (or knee cap) is positioned over the front of the knee joint and is secured in place by a tendon. A fracture of the patella is often the result of a direct impact/force to this area.

How is this treated?

Surgery can be required to fix this type of fracture and this decision will be made by your Orthopaedic Surgeon, who will discuss this with you prior to any operation. A knee brace will be applied before your operation to support and immobilise the fracture and this will remain in place following your operation. Please ask your nurse or Doctor if you require further information regarding your operation.

If you are over 65 years of age, you will be visited by our Health Care of The Elderly Team (HCOE), who will review your general health alongside your Orthopaedic Team.

What to expect following your surgery.

Following your surgery you may have a small drain in place and this will be removed within 24hrs. Your limb will be elevated on a pillow and this will help to reduce any swelling that may occur.

During this time your nurse will continue to check your recordings and the circulation in your affected limb at regular intervals. The nurse will also assess your level of pain and provide you with pain relief medication as prescribed by your doctor.

Antibiotics will have been given during your operation and may continue post-operatively as directed by your surgeon.

Your knee brace may be changed to one that allows a range of movement and this will remain in place when you are discharged. You will be given instructions on your brace for hygiene purposes.

You will be given instructions regarding the amount of weight you can put through your affected limb by the doctor. The Physiotherapist will meet with you to commence your mobilisation as soon as possible. They will instruct you on weight bearing, with either a walking frame or crutches.

Discharge

Prior to your discharge you will be seen by the Physiotherapist and Occupational Therapist who will assess your needs and offer the appropriate assistance. A Social Worker is available to discuss any concerns you may have.

When you leave the ward you will receive a follow-up appointment, a discharge notice and a prescription / medication card if required.

If you have further concerns following your discharge, then please contact your General Practitioner .

