

## PATIENT INFORMATION FOLLOWING SURGERY

### Dr. Kevin Willits

#### ACL RECONSTRUCTION

##### *Incision Care*

- Return to Clinic on the first post-operative day if able for initial dressing change
- Post-Operative Day 3, 7 and 10, change dressing as instructed
- Keep incision(s) dry for 2 weeks. Protect with saran wrap and tape while showering. Do not soak.
- Do not use lotions, creams or powders on incision(s)

##### *Weight -Bearing and Range of Motion*

- Weight bearing as tolerated
- Range of motion as tolerated

##### *Sutures*

- Return to clinic 2 -3 weeks post-operatively for suture removal

#### KNEE/HIP/ ANKLE ARTHROSCOPY

##### *Incision Care*

- 48 hours post-operatively, remove initial dressing
- Cover scope sites with band-aids. Change daily as needed
- Sites may be left uncovered once they have scabbed over
- Shower 48 hours post-operatively, but protect scope sites with saran or waterproof band-aids if they have not scabbed over
- Bathe or swim 2 weeks post-operatively if scope sites are healed

##### *Follow-up Visits*

- Return to clinic 2 - 3 weeks post-operatively

#### HIGH TIBIAL OSTEOTOMY

##### *Incision Care*

- Post-Operative Day 3, 7 and 10, change dressing as instructed
- Keep incision(s) dry for 2 weeks. Protect with saran wrap and tape while showering. Do not soak.
- Do not use lotions, creams or powders on incision(s)

##### *Weight -Bearing and Range of Motion*

- Feather weight bearing for 2 weeks
- Range of motion as tolerated
- TRACKER brace unlocked

##### *Removal of Sutures and Follow-up Visits*

- Return to clinic 2 - 3 weeks post-operatively for suture removal and wound check

## Dr. Kevin Willits

### SHOULDER SURGERY

#### *Incision Care*

- Post-Operative Day 3, replace initial dressing with dry dressing as instructed
- Cover scope sites with band-aids. Change daily as needed. May remain uncovered when healed,
- Do not use lotions, creams or powders on incision(s)
- May shower 3 days after surgery. Keep scope and incisions sites dry for 2 weeks. Protect with saran wrap and tape while showering or water proof bandaides over scope sites.

#### *Range of Motion*

- SHOULDER ARTHROSCOPY – as instructed
- ROTATOR CUFF REPAIRS/STABILIZATION – NO range of motion for 2 weeks. Elbow, wrist and hand exercises only

#### *Removal of Sutures and Follow-up Visits*

- Return to clinic 2 - 3 weeks post-operatively for suture removal and wound check

### FASCIOTOMY

#### *Incision Care*

- Remove initial dressing on day 2 post-operatively
- May shower when dressing has been removed.
- Keep incision sites dry for 2 weeks. Protect with saran wrap and tape while showering. Do not soak.
- Do not use lotions, creams or powders on incision(s)

#### *Removal of Sutures and Follow-up Visits*

- Return to clinic 2 - 3 weeks post-operatively for suture removal and wound check