

Patient Information Following Surgery

Dr. Bob Giffin

ACL RECONSTRUCTION

Incision Care

- Return to Clinic on the first post-operative day for initial dressing change
- Post-Operative Day 3, 7 and 10, change dressing as instructed
- Keep incisions(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

- Protected weight bearing for 2-4 weeks (unless otherwise directed by physician)
- Range of motion as tolerated is allowed (unless otherwise directed by physician)

Removal of Sutures and Follow-up Visits

- Return to clinic 2 - 3 weeks post-operatively for suture removal and routine follow-up visit

KNEE 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 incisions(s) dry for 2 weeks. Protect with saran wrap while showering. Do not soak.
- Do not use lotions, creams or powders on incision(s)

Weight -Bearing and Range of Motion

- Protected weight bearing for 2 weeks
- Range of motion as tolerated is allowed
- TRACKER brace locked in extension when walking and sleeping for 2 weeks but unlocked or removed for range of motion exercises

Removal of Sutures and Follow-up Visits

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