

## Patient Information Following Surgery

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### **ACL RECONSTRUCTION / MEDIAL PATELLA-FEMORAL LIGAMENT (MPFL) RECONSTRUCTION / HARDWARE REMOVAL**

#### Incision Care

- 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

- Weight bearing as tolerated
- Range of motion as tolerated
- NO lateral patellar glides for MPFL reconstruction

#### 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 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 is allowed
- TRACKER brace unlocked

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

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

**DRESSING CHANGE FOLLOWING DAY OF SURGERY**

- Remove Outer Sock (tubigrip stocking) and cut in half
- Remove all old dressings
- Apply 4x4 gauze over incision and leave steri strips intact until follow up appointment
- Pull half the tubigrip stocking back over knee incision
- Do not clean incision
- Do not apply lotion, cream, polysporin to incision or scope sites