

## Post Operative Wound Care Instructions For Patients of Dr. R. Litchfield

### ACL RECONSTRUCTION

#### *Incision Care*

- Change your dressing every 2-3days. Take tubigrip off and keep. Remove old gauze and soft padding and place new 4x4 dry gauze over steri strips. Place tubigrip on knee for first 2 weeks at a single layer. Do not clean your incision or apply antibiotic cream
- Keep incision(s) dry and protect while showering for 10 days. After 10 days remove dressing and shower. Steri Strips over incision(s) will loosen and peel off with repeat showering.
- Return to clinic in 6 weeks for a follow-up visit
- IF YOU HAVE ANY CONCERNS PHONE (519) 661-4156

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

- Weight bearing as tolerated
- Range of motion as tolerated

#### *Sutures*

- At 2 weeks, strings at both ends of incisions may be trimmed at the skin. Use small scissors.

### 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 4 weeks post-operatively

### HIGH TIBIAL OSTEOTOMY / DISTAL FEMORAL OSTEOTOMY / MPFL / TTO

#### *Incision Care*

- Post-Operative Day 3, 7 and 10, change dressing. Take tubigrip off – do NOT throw out. Take all padding/gauze off until steri strips (tapes) visible. Do not clean incision. Leave steri strips in place cover in dry gauze – purchase at pharmacy) place tubigrip back on knee at single layer
- 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
- TRACKER brace unlocked (HTO, TTO only)

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

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

## Dr. R. Litchfield

### SHOULDER SURGERY

#### *Incision Care*

- Post-Operative Day 3, replace initial dressing with dry dressing (gauze purchased at pharmacy)
- 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.

#### *Range of Motion*

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

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

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