

Patient Information Following Surgery

Dr. Yuta Nakanishi

KNEE ARTHROSCOPY - ONLY

**if your surgery includes any other procedure with arthroscopy, follow other dressing change instructions

Incision Care

- 48 hours post-operatively, remove initial dressing including tensor or tubisock - keep tensor/tubisock for re-use, this may be washed
- Cover scope holes with gauze daily until blood/drainage stops then cover with band-aids
- Change daily as needed
- Sites may be left uncovered once they have scabbed over
- Do Not apply lotion, cream, polysporin to scope sites
- Shower 48 hours post-operatively, but protect scope sites with saran wrap or waterproof band-aids if they have not scabbed over
- Bathe or swim 2 weeks post-operatively if scope sites are healed

Weight-Bearing and Range of Motion

- Weight-bearing as tolerated
- Range of motion as tolerated

Follow-up Visits

- Return to clinic 4 weeks post-operatively

OSTEOTOMY

Incision Care

- See **Dressing Change instructions** on Page 2

Weight-Bearing and Range of Motion

- Protected weight bearing for 2 weeks (must stay on crutches)
- Range of motion as tolerated is allowed
- TRACKER brace locked during ambulation, unlock 0°- 90° while stationary and during 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

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

Incision Care

- See **Dressing Change instructions** on Page 2

Weighting-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

DRESSING CHANGE FOLLOWING DAY OF SURGERY - ACL, MPFL, MULTILIGAMENTS, OSTEOTOMY

- Remove Outer Sock (tubigrip stocking) and clean sock if needed
- Remove all old dressing until you see Steri Strips on leg
- Apply 4x4 gauze over incision and leave Steri strips intact until follow up appointment
- Pull the tubigrip stocking back over knee incision
- Do Not clean incision
- Do Not apply lotion, cream, polysporin to incision
- Repeat gauze changes every 2 days until follow up appointment
- You may shower on post-op day #2 if the incisions are dry. Protect with saran wrap and tape while showering.