

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 or polysporin to scope sites
- 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

Weight-bearing and Range of Motion

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

Follow-up Visits

- Return to clinic 2-4 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 degrees 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

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

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