

Patient Information Following Surgery

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

Incision Care

- Post-Operative Day 3, 7 and 10, change dressing as instructed
- Keep incision(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
- 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 incision(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