

Knee Surgery

Instructions after surgery

Your knee surgery included the following (checked)

Meniscal debridement: <input type="checkbox"/> medial <input type="checkbox"/> lateral	<input type="checkbox"/> Debride plica or other soft tissue	<input type="checkbox"/> Lateral release
Meniscal repair: <input type="checkbox"/> medial <input type="checkbox"/> lateral	Cartilage debridement: <input type="checkbox"/> patello-femoral <input type="checkbox"/> medial compartment <input type="checkbox"/> lateral compartment	Microfracture: <input type="checkbox"/> patello-femoral <input type="checkbox"/> medial compartment <input type="checkbox"/> lateral compartment

Other Procedures:

Instructions (Please bring this instruction sheet with you to your first appointment after surgery).

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| <ul style="list-style-type: none"> • Keep your knee raised for 48 hours • Apply ice (20 minutes each hour) or cryocuff over dressings for 48 hours or more (open Zimmer splint for ice application/cryocuff) | <p>You may have a velcro splint called a Zimmer splint after surgery. If you do, keep it on for:
 ___ days ___ weeks</p> <p>After you remove the Zimmer splint it is a good idea to wear a knee brace if you have one, day and night until your follow-up visit. If you do not have a brace, or cannot wear the one you have at this time, you can still remove the Zimmer splint as per the above date.</p> |
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Weight bearing – crutch use (checked)

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| <ul style="list-style-type: none"> <input type="checkbox"/> Non weight bearing <input type="checkbox"/> Touch toe weight bearing (foot can rest on the floor) | <ul style="list-style-type: none"> <input type="checkbox"/> Partial weight bearing with ___ pounds <input type="checkbox"/> Weight bearing as tolerated with crutches <ul style="list-style-type: none"> <input type="checkbox"/> for comfort only <input type="checkbox"/> for ___ weeks |
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Dressings

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| <ul style="list-style-type: none"> • Remove bulky dressing (wrap) ___ days after surgery (the wrap may be loosened and rewrapped if it feels tight) • Replace bandages ___ days after surgery
Leave steri-strips (white tapes) on for ___ days | <ul style="list-style-type: none"> • You may shower ___ days after surgery, but keep wounds dry. <p>Do not apply ointment or creams to the wounds and no baths, hot tubs, or swimming pools until your surgeon checks the wounds.</p> |
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Activity

Start your physiotherapy in _____ days.

Follow-up

Call as soon as possible to schedule an appointment with your surgeon in the McMaster Orthopedic Clinic on _____ (905-521-2100, ext. 75665).

Call your surgeon

It is normal to have some discomfort and swelling in your knee for several days or weeks after your surgery. However, if you have any of the following:

- fever greater than 38°C
- knee redness
- any new or unusual symptoms
- active or persistent bleeding
- purulent drainage or discharge from the incision site
- increasing calf tenderness or swelling
- feeling ill
- worsening pain or swelling

Call 905-521-2100 and ask for your surgeon's office. After hours call 905-521-2100, ext. 76443 and ask for the orthopedic surgeon on call at McMaster University Medical Centre. If you are having difficulty reaching somebody, go to the Emergency Department.