



Care after knee surgery

For Dr. Punthakee's patients

You had this surgery today:

- | | | |
|--|--|---|
| <input type="checkbox"/> knee arthroscopy | <input type="checkbox"/> lateral release | <input type="checkbox"/> ACL reconstruction |
| <input type="checkbox"/> medial meniscectomy | <input type="checkbox"/> articular debridement | <input type="checkbox"/> Fulkerson |
| <input type="checkbox"/> lateral meniscectomy | <input type="checkbox"/> microfracture | <input type="checkbox"/> hardware removal |
| <input type="checkbox"/> other procedure(s): _____ | | |

You may remove your dressing/bandage 24 hours after your surgery, and you may then take a shower. Cover your knee with saran wrap. Pat dry after shower. Apply fresh sterile dry gauze and secure with skin tape. Leave the steristrips (the white tape over your incision) on for 10 days after your surgery. Do not take a bath or go swimming for 10 days after your surgery.

Tonight after your surgery

- take your pain medication as prescribed
- raise your limb
- apply ice to your limb often
- use your crutches or cane for support
- if the bandage is too tight, loosen it
- follow the instructions given by Dr. Punthakee at your pre-op visit

Go to the Emergency Department if you have:

- calf pain
- shortness of breath
- chest pain

These symptoms may represent a blood clot.

You need to be seen for a follow-up appointment in about 2 to 3 weeks:

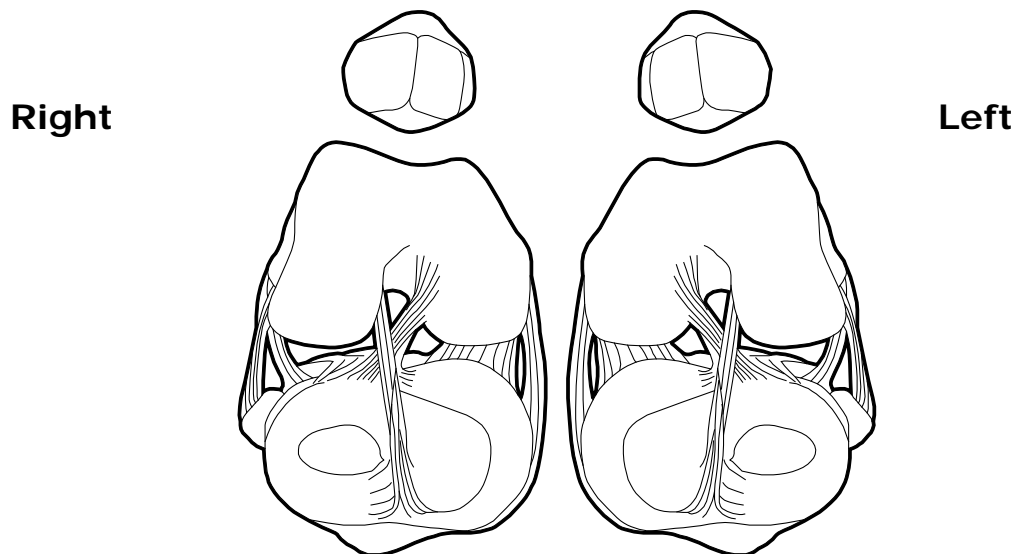
- at Dr. Punthakee's office – 905-577-6677, or
- at the Fracture Clinic at the Juravinski Hospital – 905-527-4322, ext. 42293.

Do not start physiotherapy until you have seen Dr. Punthakee, and have been given a prescription to arrange this.

Your weight bearing status and/or use of crutches is as follows:

- weight bearing as tolerated/crutches for support
- partial weight bearing for _____ weeks
- touch weight bearing for _____ weeks
- non-weight bearing for _____ weeks
- Remove Zimmer splint and replace it with your brace in _____ days

Please follow instructions given by Dr. Punthakee before your surgery.



**Please remember to bring this sheet to your appointment
at the Fracture Clinic or Dr. Punthakee's office.**