



CLINIQUE  
CHIRURGICALE  
DE LAVAL

Post-operative advices : Knee  
Dr Pierre Ranger



# Post-operative advices : Knee

## Arthromeniscectomy

### **Bandages**

The Band-Aids will be removed at your next appointment.

### **Stitches**

They will be removed at your next appointment.

### **Shower**

You may shower as soon as the stitches are taken off.

### **Physiotherapy**

It is not obligatory but may help. It becomes essential if you have a lot of arthritis.

### **Weight**

You will be allowed to put weight on your operated leg when you knee stops swelling, usually at your next appointment. Until then you must walk with crutches.

## ACL / Posterior cruciate ligament / Patellar tendon transfert / Osteotomy

### **Bandages**

Bandages will be taken off the next day, at your physiotherapy appointment.

### **Stitches**

They will be removed at your next appointment by the surgeon.

### **Drain**

If you have one, it will be taken off the next day, at your physiotherapy appointment.

### **Shower**

You may shower as soon as the stitches are taken off.

### **Physiotherapy**

You must have physiotherapy treatments starting the day after your surgery.

### **Weight**

According to the physiotherapist's instructions.