



CLINIQUE
CHIRURGICALE
DE LAVAL

Guidelines & tips:
Lower extremity surgery



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Daily guidelines and tips for your lower extremity surgery

Following your surgery, certain tasks may require that you modify the way you approach them. Here is some advice to help you overcome some of the daily challenges while ensuring proper recovery.

The key to success is to plan ahead!

Establish priorities and plan ahead in order to avoid standing up for too long and allow for some time to raise the affected limb.

General guidelines for most tasks

- Refrain from standing up for too long in order to avoid important swelling.
- Move around using crutches.
- You can get crutches at the pharmacy or at J.E. Hanger at the Carrefour Multisports, situated in the same building as the Clinique chirurgicale de Laval.
- Avoid showers or baths in order to keep your bandages dry.
- When lying down, make sure that the affected limb is higher than the heart to keep the swelling to a minimum. Use pillows or cushions to raise your leg.

Guidelines and tips for everyday problems

To lie down or sleep :

- Lie down and use pillows or cushions to raise your leg.

In the kitchen :

- To refrain from standing up for too long, plan meals before your surgery and for the upcoming post operative weeks.
- Or, plan simple meals that don't require much preparation.

Buying groceries or shopping :

- To refrain from standing up for too long, plan all purchases before your surgery.

Getting dressed :

- Start with the affected leg (put your pants on by starting with the affected leg and moving on to the other leg).
- Wear ample clothing.

Driving :

- Get help if you drive a manual transmission or if you drive an automatic transmission and the surgery was on your right leg.
- Wait until the physiotherapist gives you the 'go' before driving on your own.

Hygiene :

- Avoid showers or baths after the surgery.
- Instead of a shower or a bath, use a clean cloth and some water while sitting on a chair near the sink.
- When starting to take showers and baths again, entering, standing up and exiting might be harder than anticipated, feel free to use a stool or a bench. The use of a non-slip mat inside and outside the bath or shower will provide a more secure experience.