



CLINIQUE
CHIRURGICALE
DE LAVAL

Post-operative advices : Knee
Dr Sébastien Guimond Simard



Post-operative advices: Knee

Arthromeniscectomy

Bandages

You must take off the bandages 48 hours after the surgery.

Shower

You may shower as soon as the bandages are taken off (48 hours after the surgery).

Stitches

The stitches used are melting stitches. If, however, you had staples, the surgeon will remove them at your next appointment.

Physiotherapy

You must start physiotherapy treatments 1 to 5 days after the surgery.

Weight

You may walk on the operated leg. However, if you feel a lot of pain, you may use crutches or a cane until the pain is tolerable and you can walk on the operated leg.

Exercises

You must move the knee and the ankle back and forth as much as possible.

ACL

Bandages

You must take off the bandages 48 hours after the surgery.

Shower

You may shower as soon as the bandages are taken off (48 hours after the surgery).

Stitches

The stitches used are melting stitches. If, however, you had staples, the surgeon will remove them at your next appointment.

Physiotherapy

You must start physiotherapy treatments 1 to 5 days after the surgery.

Weight

You must use crutches for walking; you can however put weight on the operated leg if the pain is tolerable. When you're walking, the orthosis must be locked in a fully extended position. You may remove the orthosis when seated or lying down. You must wear the orthosis when walking.

Exercises

You must move the ankle back and forth as much as possible.