



CLINIQUE  
CHIRURGICALE  
DE LAVAL

Post-operative advices : Knee  
Dr David Blanchette



# Post-operative advices : Knee

## Arthromeniscectomy

### **Bandages**

You may take the bandages off 3 days after your surgery.

### **Shower**

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

### **Stitches**

You don't have any stitches; the wound will close by itself in the first days following your surgery.

### **Physiotherapy**

You must begin physiotherapy treatments 3 days after your surgery.

### **Weight**

You will have crutches for the first 3 days. You may, however, walk on your operated leg if the pain is tolerable.

### **Follow-up appointment**

You will have an appointment with your surgeon 4 to 6 weeks after your surgery. We will contact you to set this appointment.

## ACL

### **Bandages**

You may take the bandages off 3 days after your surgery.

### **Shower**

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

### **Stitches**

You must have the stitches taken off at a CLSC, 10 days after your surgery.

### **Physiotherapy**

You must begin physiotherapy treatments 3 days after your surgery.

### **Weight**

You must never put any weight on your operated leg. You will use crutches for all movements; the physiotherapist will decide when you may stop using them and when you may start putting weight on your operated leg.

### **Follow-up appointment**

You will have an appointment with your surgeon 4 to 6 weeks after your surgery. We will contact you to set this appointment.