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.