

POSTOPERATIVE INSTRUCTIONS

POST-OP CARE: Please follow these instructions carefully and contact our team with questions.
Email teamlaprade@tcomn.com

***Low grade fever is expected postoperatively. Please notify us if your fever is 101.5 or higher.

DRESSING CHANGES: The post-op dressing change is a vital part of your postoperative process. You will be supplied with the needed dressing change materials and instructions.

- Change the 4x4 gauze pads at least every other day or if they become wet or soiled for **2 weeks**. Keep them in place with the tubigrip provided.
- Do not touch, remove, or apply ointment to the tape strips (steri-strips) that are over the portals. The steri-strips remain on for **2 weeks**. If they fall off before the 2 week time period is up, please reapply them with the extras you have been given. After 2 weeks, the steri-strips will be removed and your incisions should be evaluated to see if you need to continue steri-stripping them or if it is ok for you to keep them off and get the incisions wet.
- At each dressing change, evaluate the incisions/portals for excessive drainage, redness surrounding the incisions/portals or “streaking” from them, increased pain, and increased temperature, all of which may indicate infection. Please contact a Team LaPrade member immediately if these symptoms occur!

SUTURES: There are dissolvable sutures in your scope portals (unless otherwise specified). These require no special care as the sutures are underneath the skin and they will dissolve. If you do have an incision, there may be extra suture material outside of the skin; this will need to be trimmed at 2 weeks which can be done Twin Cities Orthopedics during your 2 week follow-up visit or at home by a friend or family member. A suture removal kit will be provided upon request. For clear sutures, clip any extra suture at both ends of the incision. The remaining suture, under the skin, will dissolve.

BATHING: It is important to keep the incisions dry until completely healed. Using a garbage bag and rubber bands or a shower bag (available for purchase at a pharmacy or Amazon) is helpful. If the shower bag’s elastic band does not fit well you may use another rubber band or tape to secure it so the leg does not get wet. Please use it for **2 weeks** (unless otherwise directed) until you have your incisions checked to see if you can get them wet.

ATTENTION: Cut the foot off the bottom of the shower bag, or apply non-slip tub decals to the bottom for better traction in the shower!!!

TED HOSE: Ted hose stockings are to be worn on both legs while on crutches. They serve the dual purpose of decreasing the chance of blood clot formation and to aid in controlling swelling in the lower extremity. It is possible to get a blood clot in the non-surgical leg so please wear the socks on both legs. You may remove them daily to wash and dry, but please wear them as much as possible to gain full benefit. Additional sets can be purchased at a pharmacy or online. Be sure to move/rotate both ankles frequently during the day. This will promote circulation and drainage of swelling.

Signs & Symptoms of a blood clot include redness, swelling, and/or pain (“Charlie horse” type cramp) in the calf muscle or behind the knee. Call 952.456.7412 immediately if symptoms occur NEVER MASSAGE CALF PAIN!

Swelling/inflammation control and achieving range of motion (ROM) goals are the primary focus for the first 6 weeks after surgery. The following will help you reach these goals!

ELEVATE leg whenever possible. Elevation means the operative region is higher than the heart.

GAMEREADY / ICE your knee **5-6 times a day** for **20-30 minutes** at a time **for the next 2-6 weeks.**

This can be achieved in a number of ways. Whatever your means, be very diligent with your icing:

- Game Ready – contact telephone (763) 486.6902
- Ice Bags or Big Bag of Frozen Peas

ATTENTION: When icing, ice for 20-30 minutes at a time with at least 30 minutes - 1 hour in between icing sessions and have a protective layer between your skin and the ice.

REHABILITATION / PHYSICAL THERAPY: You will be given a specific exercise program to follow at different time frames during your rehab. **Follow these instructions carefully and DO NOT ADVANCE or let your Physical Therapist advance your protocol beyond the normal time frames unless directed so by Dr. LaPrade.**

Call Jill Monson at (952) 456.7480 for with any questions regarding your physical therapy protocol.