

Frequently Asked Q's

When can I take a shower?

5 days after surgery. After you remove the outer white dressing and cover incisions with waterproof bandages.

When can I drive?

When you have regained control of your leg, it is then safe to drive. This is a joint decision between you, your physiotherapist and Dr Wong.

My surgery video won't work?

The DVD is created to only work on a computer (both Mac and PC). You may have to download special drivers to play this video.

Why are there many files of my surgery? Clips of your surgery are recorded for you to see and hear what has been found and fixed in your surgery.

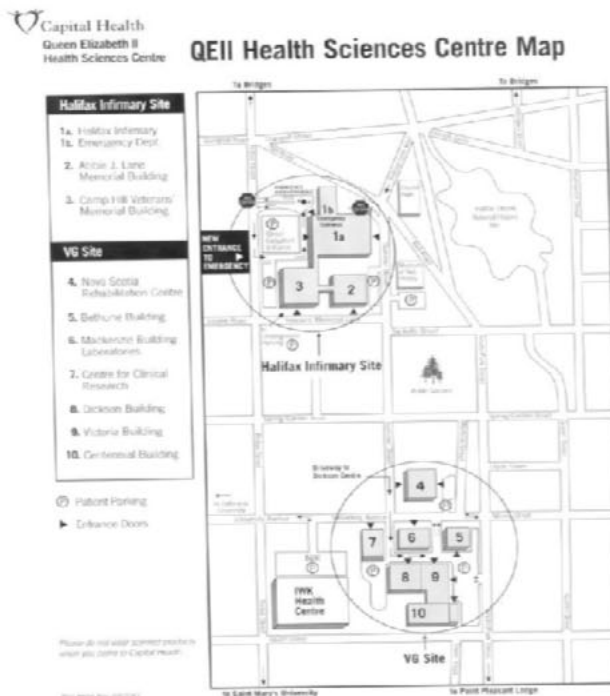
Questions

If you have any questions, concerns, or problems, please call my office at 902- 473-7626, or after hours, call the Nova Scotia Nursing 811 number. Failing this, you may contact your family doctor, or as a last resort for urgent problems, you may go to the nearest Emergency Department if you wish.

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Knee Surgery

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Inspiring Minds

1-2 wks before Surgery

Pre-op Clinic

You might be scheduled for a visit with a nurse or doctor to review your current health and medical requirements for surgery. You will need a general anesthetic for surgery. If you require this you will be contacted

Family Doctor

Please inform your family doctor that you will be undergoing surgery and determine if there is anything that needs to be changed with your medication.

Physiotherapy

You should already have a prescription for bracing and physiotherapy prior to surgery. The fitting of the brace should be done a few days before surgery.

Night Before Surgery

No Food or drink after midnight before surgery

Day of Surgery

Mobile Phone/Home Phone Keep your phone nearby. The Trauma center schedule may change quickly, so be prepared to come in early if you are called

Plan to arrive early Bring your brace, crutches, ice machine, and Durolane (if prescribed)

After Surgery

Follow-up appointment will be approximately, 2 weeks after your surgery at the QE II Health Sciences Centre, Ortho / Fracture Clinic. This is will be booked for you automatically **If you have not received notification of this appointment 1 week post-op, please call 902-473-4166. Leave a message and your call will be returned.**

Compression/Wicking Dressing (White dressing) Leave on and keep dry for 5 days. Then remove dressing with foam pads and place clean waterproof dressings over incisions
Cold Therapy Unit

Use as needed for 2 weeks or longer. This will help decrease your pain after surgery, decrease the swelling, and allow you to use less pain medication.

Knee Brace If you have been instructed to use one. Keep it on all times including nights for 6 weeks unless otherwise directed

Exercise You may walk with crutches for the first 2 weeks after surgery unless otherwise directed.
Physiotherapy Post-op physio will commence between 1-2 days after surgery.

Routine Ortho / Fracture Clinic Visits

2 week

Your stitches will be removed, wounds checked, and physiotherapy plan reviewed

6 week Your knee is just starting to heal and now will start your own movements.

3 month Please bring a report from the physiotherapist regarding your progress

6 month Complete a survey on how your knee feels.

1 year and yearly visits as required