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### **Initial Postoperative Knee Care:**

**\*\* If you have had a patella tendon or quadriceps tendon repair, please see that instruction form.**

- Videos are available on Dr. Witty's website.

### **Wound Care and Dressing Change:**

- You will typically have a large tan/brown colored ACE type of wrap around the leg from the foot to the thigh. In some cases you may have a stocking instead. You may or may not have a brace applied.



- This can be removed 3 days after surgery.
- Simply unwrap the bandage.

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- - Underneath will typically be some padding material and underneath that material will be gauze like material.



- - Underneath the gauze will be either small tape like dressings called Steri-strips or you will see the incision and any sutures / skin clips themselves.

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- There may be a thin yellow gauze directly on the surgery incision.



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- Incisions are typically closed with metal skin clips, non-absorbable (non-dissolving sutures), or absorbable (dissolving) sutures.
- The first time you remove the dressings, the Steri-strips or the yellow gauze may be left in place if they are stuck to the skin and do not peel off easily. They will eventually fall off. Change your dressing once a day with 4 inch by 4 inch gauze and re-wrap the ACE bandage or reapply the stocking over the

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gauze. You may also use absorbent adhesive dressings and re-wrap with the ACE or the compression stocking.



- You may stop the dressing changes once the gauze has no spotting or drainage on it for a 24 hour period. You may remove the Steri-strips or the yellow gauze at this time – even if it is stuck to the skin.

#### **Showering:**

- If weight-bearing is restricted, a shower chair or similar will be necessary.
- If not, a chair or similar may be needed for safety if you are still unsteady with your balance.
- Only start showers once your dressings have been dry for a 24 hour period. Do NOT soak in the bath until cleared by physician.